

small treasures

parents love pint-size presents on their special day

by Erin Graham

WHEN MOTHER'S DAY AND FATHER'S DAY roll around each spring, it's fun to get the kids involved showing the most important people in their lives just how much they're appreciated. Here are some kid-friendly ideas for celebrating moms and dads — whether it's your spouse, your own parents, in-laws or grandparents. Pair any of these gifts with a homemade card and it's a celebratory slam dunk.

For moms. Some traditions can't be beat. Mom will appreciate family-made pancakes that spell out "mom" (so easy with My Essentials® Buttermilk Pancake and Waffle Mix) served with a colorful ready-made salad of fresh-cut fruits. Don't forget to pick up a fresh bouquet at the Florist department.

For dads. Moms aren't the only ones who appreciate a homemade gift. If dad is a BBQ kind of guy, you can assemble a Custom Burger Kit. Spice up some My Essentials® Ketchup with cayenne or chili powder, transfer purchased mustard into a kid-decorated jar, and make a simple felt cover for the handle of his favorite grilling spatula.

For grandmas: Pamper her with a special Taste of Inspirations® tea (try Organic Earl Grey Lavender) or give grandma something to show off to her friends, like homemade jewelry. A simple choice for younger kids is to paint varieties of hollow pasta, like ziti and rigatoni, and string the pasta into a one-of-a-kind "designer" necklace.

For grandpas: If grandpa loves to root for his favorite team, surprise him with a supply of game-day snacks. Add some team logo gear, and he'll be all set to watch the game with his grandkids — and nurture a new generation of sports fans.



ASK THE PHARMACIST

Q. *What are some must-have items for a first-aid kit?*

A. As the mother of three boys, I don't leave home without basic first-aid kit. Inside is hand sanitizer, an instant cold pack for bumps and bruises, adhesive bandages for scrapes, antibiotic ointment, an antihistamine like Benadryl (in case of reaction to insect bites) and ibuprofen, both in chewable form so I don't have to worry about getting kids to swallow. I also have tweezers and alcohol swabs for tick bites. If there's space, scissors, latex gloves, cotton balls, wet wipes and an elastic bandage. And I throw in a few items to help calm stomach upsets from too many hot dogs at the barbecues.

—Lisa Swallow Hurteau, PharmD, is the Pharmacy Manager at our Milton, Vt., store.

MAÎTRE PARFAIT


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scallions

You might know scallions by another name: green onions, spring onions, or green shallots. With a flavor that's milder than onions but stronger than chives, scallions are versatile in savory recipes. Scallions can be chopped or sliced and cooked in a number of dishes – they're great in stir-fries. They're also delicious raw in salads, soups, and sandwiches. Both the green and the white parts are used – only the roots should be discarded. A scallion greens can be substituted in many recipes for the chives they resemble, or you're looking for a stronger flavor.

– DJ Pol

STEAK FAJITAS WITH SEARED SCALLIONS

SERVES 6, ACTIVE TIME 25 MINUTES

TOTAL TIME 2 HOURS, 25 MINUTES TO 12 HOURS (INCLUDING MARINATING TIME)

- 2 tsp. ground cumin
- 1 tsp. freshly ground black pepper
- ¼ tsp. salt
- 2 tsp. dried oregano
- 6 cloves garlic, minced
- ½ cup fresh lime juice
- 3 Tbsp. hot pepper jelly
- 2 Tbsp. olive oil, divided
- 1½ lbs. flank steak, excess fat removed
- 24 scallions (about 3 bunches), ends trimmed
- 1 large red bell pepper
- ¼ cup coarsely chopped fresh cilantro leaves
- 12 6-inch flour tortillas
- 1 cup nonfat Greek yogurt (optional)



1. In a small bowl, combine the cumin, black pepper, salt, oregano, garlic, lime juice, pepper jelly and 1 Tbsp. of the olive oil. Put the marinade along with the flank steak in a resealable bag. Marinate refrigerated, for at least 2 hours and up to overnight. Remove from fridge 20 minutes before cooking.

2. When ready to cook the fajitas, heat a large skillet or grill pan over high heat. Thinly slice about 2 inches of greens from scallions and set aside in a small bowl. Dab a paper towel in the remaining 1 Tbsp. of olive oil and rub on the pan to give it a thin coat of oil. When the pan just begins to smoke, lay down trimmed scallions parallel to each other in a single layer. If not all the scallions fit in one layer, prepare them in 2 batches, rubbing pan with oil again between batches. Cook scallions for 1 minute, turn them, and cook for 1 more minute until you see brown markings on all of them. Transfer to a plate.

3. Remove steak from marinade and pat dry with a paper towel. The steak should be able to be flat in the skillet – cut in half if necessary and cook in 2 batches. Use the paper towel dabbed in oil to regrease the pan. Add steak, and cook for 4 to 5 minutes per side for a medium rare steak. Move steak to a plate and loosely tent with foil. Allow to rest 10 minutes.

4. While the steak rests, chop bell pepper, place in a small bowl, and mix with cilantro. Wrap 6 tortillas at a time in a paper towel and heat in microwave oven to soften, 30 to 60 seconds, then transfer to a serving plate.

5. Slice seared scallions into ½-inch pieces and put in a medium bowl. Slice steak at a slight diagonal against the grain into ¼ inch slices and transfer to a serving platter. Put yogurt, if using, in a small bowl.

6. To serve, place tortillas, steak, scallions, scallion greens, bell pepper and yogurt, if using, on the table for diners to assemble as desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 480 CALORIES, 47G CARBOHYDRATES, 33G PROTEIN, 18G FAT, 9G SATURATED FAT, 115MG CHOLESTEROL, 738MG SODIUM, 3G FIBER



introducing

WHAT'S NEW AT HANNAFORD



Hannaford® Water Enhancers
Turn plain water into a fun drink with just one squeeze of delicious natural flavor enriched with vitamins. Available in Cherry Limeade Berry Pomegranate and Strawberry Watermelon



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Taste of Inspirations® Olives
Briny olives make a great – and easy – appetizer that plays well with cheeses. Or chop them for a flavor boost in salads and spreads. Look for our tempting variaties at the Olive Bar

Not all products are available in all stores.

versatile hummus

ORIGINALLY A STAPLE in Middle Eastern cuisine, hummus is rapidly becoming a favorite for tasty appetizers, hearty wraps, and healthy snacks. Hummus is basically a fiber-rich bean dip – a mixture of nutritious pureed chickpeas (also called garbanzo beans) and olive oil complemented with various tasty additions like fresh garlic, tahini (sesame seed paste), lemon juice, herbs, spices, and veggies. It's a winning mixture that packs in protein, heart-healthy fats, vitamins, and essential nutrients, such as folic acid, iron, manganese, and zinc. Hummus is easy to pair with other foods, and if you're watching your waistline, it's a great substitute for mayonnaise and fatty, dairy-based dips (see Forum, page 4). You'll find a tempting choice of hummus variatras with the refrigerated spreads.

Taste of Inspirations® Hummus in Exciting New Flavors
Hummus is popular for a lot of reasons, and the arrival of intriguing new flavors makes this a perfect time to discover why. Locally prepared, all-natural Taste of Inspirations® Hummus is great as a dip or spread. Try it for lunch on a pita with baby spinach and tomatoes, or keep a container with some fresh veggie sticks handy for a protein-rich snack after school – or after a workout. Look for new Taste of Inspirations® Hummus flavors like Black Bean Edamame, Red Lentil, and Sriracha. Can't decide? Try the Everything variety – then think of all the ways you can enjoy it.

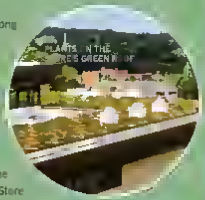


FACING PAGE, STOCK FOOD; PHOTOGRAPHER: MARK PEEL; FOOD STYLIST: LESLIE BLEIDNER; SUPPLIES: FRANCINE; BATALAN; IRON; RECIPES THIS PAGE: MEN MADE BY STRENGTH; FOR DUET MAKES BY JAEL BERJAMIN.

Q&A

Melissa Zayac

MANAGER, PLATINUM LEED STORE, AUGUSTA, MAINE



With a goal of zero waste, our stores have long been leading the way in environmentally friendly practices. Our LEED-certified store on Cony Street in Augusta, Maine, was built on the site of the former Cony High School, and more than 95 percent of the demolition debris was recycled and reused. The store is a great example of what a supermarket can do to go green. (LEED Certification is administered by the U.S. Green Building Council.) We asked Store Manager Melissa Zayac to fill us in.

—Brian Berfield



What does LEED stand for?

It's an acronym for Leadership in Energy and Environmental Design. There are four levels of certification: LEED Certified, Silver, Gold and Platinum. We're a Platinum LEED store, which is the highest level you can achieve.

What does your store do to conserve electricity?

The Augusta Cony store has 33 skylights and 13 solar tubes that bring natural light into the building. On the sales floor, our dairy and frozen cases also have motion sensitive lighting that turns on when customers are shopping in that area.

How important is the store's green roof?

It acts as a great insulator and the plants help remove carbon from the atmosphere. Plus, the roof helps retain runoff from the roof and site, which is significant since our location is not far from the Kennebec River.

Any plans for more environmentally friendly practices?

We're working on packaged food waste composting. We will be able to put food into a compostable film, like our gmail packaging, then separate the food and packaging to be recycled appropriately. This capability will help us get closer to our goal of zero waste.

savvy snacking

here's how to make eating between meals a good thing

by Andrea MacDonald, RD



MANY PEOPLE ASK ME about snacking. Should I snack? Is there a right time to snack? Not all the answers are black and white, but there are some important guidelines to follow if you don't want to snack attack your healthy diet.

TO SNACK OR NOT TO SNACK

Snacking isn't necessarily a bad thing. Done right, it can help keep your energy level up between meals and add to your nutritional intake for the day. One common misstep is to snack out of habit. There's a difference between being hungry and feeling bored or stressed.

That said, don't get "hangry" — so ravenous that you're uncomfortable, cranky, even angry — and the next time you eat, you overdo it. It's better to snack than throw yourself into a hungry frenzy.

Try to stick to these guidelines: Avoid late night snacking, especially if you've recently had a meal, and snack between meals if you're truly hungry.

POWER UP

Think of your snacks as fuel — a way to keep your energy going and your sugar level steady. You don't need something overly sweet, salty, or fatty that's going to wreak havoc with how you feel.

So keep it simple and avoid refined sugars and refined carbohydrates in your snacks. One smart option is to have a snack that contains both fiber and protein. The combo effect boosts nutritional value and helps you feel full. Also, make a fruit or vegetable part of that duo. It's as simple as these examples:

- Celery + peanut butter
- Apple chunks + cheese
- Carrots or celery + hummus
- Berries + cheese or whole-grain crackers

Another key to healthy snacking is portion control. You should aim to have no more than what would be considered one serving from each of your chosen foods. If you aren't that hungry, there's no need to have a larger snack. Some fruit, raw vegetables, yogurt, or nuts are all fine on their own.

Andrea MacDonald is a Registered Dietitian at our Cony Street and Whitten Road stores in Augusta and Gorham, Maine.

serving sizes

One serving of veggies is equal to:

- 1 cup or the size of your fist or a baseball

One serving of cheese is equal to:

- 1 ounce or the size of one die.

One serving of ice cream or frozen yogurt is equal to:

- ½ cup or the size of a lightbulb

One serving of fruit is equal to:

- 1 apple or 1 orange or the size of a computer mouse.

One serving of butter is equal to:

- 1 tablespoon or the size of one poker chip.

One serving of meat or poultry is equal to:

- 3 ounces or the size of a deck of cards.



SHOP SMART

Take advantage of Hannaford's free in-store nutrition demos, taught by Registered Dietitians on a range of healthy living topics.

MAY DEMOS

Week of 5/4: Women's Wellness
Week of 5/11: I Know Your Gut Instincts: Probiotics & Fiber Can Help
Week of 5/18: Money Saving Tips in Dairy
Week of 5/25: Tasty Good for You BBQ

JUNE DEMOS

Week of 6/1: Summer Grilling
Week of 6/8: Men's Health
Week of 6/15: The Well-Rounded Salad
Week of 6/22: Saving Money in the Meat Department
Week of 6/29: Build a Better Picnic

NOTE. *Classes and demos vary by location. Go to hannaford.com/dietitian for Healthy Living classes nearest you.*

THIS PAGE, STRAWBERRY (NEAR PAINTED), FACING PAGE: SCOTT PERRANCE (ARS, ESA, ZAMAC)

community connections

supporting your healthy lifestyle





SINCE LAST FALL OUR STORE in Albany, N.Y. has been home to a busy Healthy Living Center. The facility was created through a unique partnership of three organizations: Hannaford Supermarkets, the Capital District YMCA, and CDPHP (Capital District Physicians Health Plan) – all committed to health and wellness in their community. Open to the public, the center offers a variety of fitness classes and wellness programs, a group exercise room, fitness equipment, and shower facilities.

But you don't need a fully equipped health center to get going. Take advantage of these warmer days to support your favorite causes – and get closer to your own fitness goals – by participating in a fun run or walk (many of these fundraisers are supported by your neighborhood Hannaford store). Finding time for exercise will build your stamina while boosting overall fitness. Going for a jog or an invigorating walk – or just kicking the soccer ball around with the kids – can be an enjoyable part of your healthy lifestyle.



wholesome snacking

TRY THESE SATISFYING TREATS

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NATURE'S PLACE® ALL NATURAL RAW ALMONDS
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HANNAFORD® FRUIT AND NUT TRAIL MIX
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PRODUCT PHOTOS © JOE BENJAMIN

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RECIPE RENOVATION

guilt-free snacking

a lightened version of the popular jalapeño popper

by Lynn Bettencourt

The combination of hot and creamy in one crunchy bite makes jalapeño poppers a staple on bar menus and in the frozen aisle but they're loaded with calories fat and sodium Typical fast food options have around 350 calories 16 grams of fat and 600 mg of sodium for five small pieces Frozen poppers are just as bad if not worse because of their small serving sizes

Poppers are stuffed with cheddar cream cheese or a combination of both and then thickly coated in salty bread crumbs and dropped into a vat of oil We have created a healthier alternative baked instead of fried Reduced-fat cheeses egg whites and a light coating of bread crumbs slim down this popular appetizer Serve plain or with cooling Greek yogurt or marinara sauce May be frozen.

SLIMMED DOWN JALAPEÑO POPPERS

SERVES 4 (5 POPPERS PER SERVING)
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 50 MINUTES

- 2 egg whites
- 1 tsp cornstarch
- ½ cup plain bread crumbs
- 1½ tsp salt-free Italian seasoning
- ⅛ tsp. freshly ground black pepper
- pinch of salt
- 4 oz. Neufchâtel cheese (⅓ less fat cream cheese) softened
- ¼ cup shredded reduced-fat cheddar cheese
- 10 medium jalapeño chiles halved lengthwise seeded and deveined
- vegetable cooking spray

Optional Dipping Sauces

- reduced-sodium marinara
- seasoned crushed tomatoes
- plain nonfat Greek yogurt

Note *Handle the jalapeños with care It is best to use rubber gloves and avoid touching your face and eyes until you have thoroughly washed your hands*

1 Preheat oven to 350°F Spray a baking sheet with vegetable cooking spray

2 Whisk egg whites and cornstarch in a shallow bowl

3 In a second shallow bowl combine bread crumbs Italian seasoning pepper and salt.

4 In a medium bowl blend together the Neufchâtel and cheddar cheese until well combined Evenly divide the cheese mixture among the 20 jalapeño halves One at a time place a stuffed jalapeño in the egg white mixture and turn to coat Gently shake off any excess and then place in bread crumb mixture and coat all sides Place each popper on the prepared baking sheet cut side up pieces should not be touching Lightly spray coated jalapeños with cooking spray

5 Bake until tops are crispy 25 to 30 minutes Serve warm alone or with any of the optional dipping sauces

APPROXIMATE NUTRITIONAL VALUES PER SERVING 140 CALORIES 15G CARBOHYDRATES 10G PROTEIN 10G FAT 6G SATURATED 30MG CHOLESTEROL 370MG SODIUM 1G FIBER



THIS PAGE, PHOTOGRAPHY GEORGE ROBERTSON FOOD STYLING SUE HILAN ROBERTS; FACING PAGE, STOCKFOOD (2)

ask the healthy cook
top three nutrition FAQs

Q&A with Wendy Buell MS, RD, CDN



Registered Dietitian Wendy Buell answers the questions she hears most often from Hannaford customers.

With the sugar content, is eating a lot of fruit really good for me?

Fruit is full of fiber vitamins and minerals. Fructose is found naturally in fruit, but it's absorbed more slowly than simple sugars like glucose which are linked to adverse conditions like weight gain and diabetes. I advise people to enjoy fruit in rainbow colors, from kiwis, grapes and oranges to berries and bananas.

Total fat consumption for most people should be between 20 percent and 35 percent of their caloric intake. The key is eating the right kind of fats. Words to look for on labels: monounsaturated and polyunsaturated fats – these are the good guys. And anything "partially hydrogenated" is not your friend.

What are some easy ways to increase the amount of vegetables in my family's diet?

Think of things you already prepare and add vegetables to them, like a soup you're making or even a canned soup you're heating up. You can also purée vegetables and add them to meatloaf – it makes the meatloaf nice and moist. To get into the habit of adding more vegetables, keep them on hand, ready to use. Raw veggies also make a great snack or appetizer.

Please explain about "healthy fats" and fats to avoid?

To debunk a myth: fat doesn't make you fat. Total fat consumption for most people should be between 20 percent and 35 percent of their caloric intake. The key is eating the right kind of fats. Words to look for on labels: monounsaturated and polyunsaturated fats – these are the good guys. And anything "partially hydrogenated" is not your friend.

Do eat foods and use oils with two essential fats – omega-3 (sources include fish, winter squash, olives, and beans) and omega-6 (sources include poultry, eggs, avocados, nuts and canola oil). Omega-3 and omega-6 are credited with a number of health benefits, including controlling inflammation, blood pressure and immune system activity.

Wendy Buell, MS, RD, CDN, is a Registered Dietitian at our Broad Street Glens Falls and Queensbury, N.Y., stores.



short work

Cut the time it takes to turn out nutritious meals with healthful veggies that are recipe ready. You'll find fresh Chef Essentials choices peeled, pre-cut and ready for the grill. Or choose baby arugula to top a pizza, shredded carrots to add crunch to a soup or salad, and sliced mushrooms to enhance a casserole. Convenient, prepped vegetables are a great way to save time while boosting taste, eye-appeal – and nutrition.

meet the produce superstars:
strawberries

THERE ARE SO MANY REASONS to love strawberries. Their rich, red color is a hint that these berries come with a generous amount of phytonutrients. And 1 cup of strawberries provides more than 100 percent of the recommended daily value of vitamin C, along with folate and potassium. Strawberries are a wonderful topping on frozen yogurt, ice cream, and even breakfast cereal. But try them sliced in summer salads, chopped in salsas, and for a special treat, dipped in dark chocolate.



RECIPE MAKEOVER CONTEST WINNERS

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Hannaford

fresh



SIMPLE ELEGANCE
Serve up a luncheon celebration
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RECIPE MAKEOVER CONTEST WINNERS

a dash of daring

Creativity is the main ingredient in these winning recipes

STORY BY JANE DORNBUSCH • PHOTOGRAPHY BY KELLER + KELLER

RECIPE MAKEOVERS ARE ALL THE RAGE THESE DAYS. So many of us are interested in making healthy changes to the way we eat and home cooks have figured out all kinds of techniques for reducing fat, sugar, cholesterol, calories, and salt in favorite recipes.

A successful recipe makeover requires creativity, a willingness to experiment and a dash of daring. All that was amply demonstrated by our contest winning recipes. To boost nutrition, cooks added ingredients like flax seeds, oat bran, quinoa, vegetables and more to their dishes and took out butter, sugar, oil, salt and other ingredients that may be less than ideal. They made innovative substitutions that help keep flavor intact while raising the dish's nutritional profile. From snacks to entrees to desserts, this array of winning recipes proves that good taste and good health can go hand in hand.

RECIPE MAKEOVER CONTEST WINNERS

GRAND PRIZE

Nita Reynolds-Stansberry of Hudson Falls, N.Y.



We're willing to bet you've never tasted anything quite like Nita Reynolds-Stansberry's Baked Sauerkraut Hamburg, with its unexpected combination of ground beef, sauerkraut, dill relish, pimentos and caraway seeds. When friends try to figure out what's in it, says Nita, "they say, 'That's not sauerkraut, is it?' and I say, 'Yes, it is.'" The original recipe involved sautéing onions in butter and was served over bread topped with American cheese. It clocked in at 1,360 mg of sodium. In the makeover version, the butter is gone, and the American cheese has been replaced by part-skim mozzarella. Now, the mixture is baked in a loaf pan, rather than fried in a skillet, and scooped over mashed potatoes or rye toast for serving.

The dish won raves from our testers, who called it "delicious" and "fantastic." They enjoyed the "nice tang" of the sauerkraut and dill relish. Nita says she's always been a fan of those ingredients. She modeled the dish very loosely on her mother's corned beef hash, changing it up to make it more of a dinner dish.

Nita was "tickled pink" to win the top prize in our contest. The dedicated Hannaford shopper sometimes rides her bicycle to her local store and looks forward to each issue of *fresh* magazine. "I love the subject of food," she says. "May be frozen.

BAKED SAUERKRAUT HAMBURG

SERVES 4

ACTIVE TIME: 17 MINUTES

TOTAL TIME: 1 HOUR, 7 MINUTES

- 1 lb. 85% lean ground beef
- 2 eggs, lightly beaten
- 2 tsp. onion powder
- 1 Tbsp. mustard (prepared)
- 1 Tbsp. chopped pimentos
- 1 Tbsp. mayonnaise
- ½ tsp. caraway seeds
- ¼ cup dill relish
- ¼ cup crushed corn flakes
- 1 (8 oz.) can sauerkraut, drained
- ½ cup shredded part-skim mozzarella cheese

Optional Accompaniments

mashed potatoes
flour tortillas and salsa
toasted light or dark rye bread

1 Preheat oven to 350°F. Spray a 9-by-5 inch loaf pan with vegetable cooking spray.

2 In a large bowl, combine ground beef, eggs, onion powder, mustard, pimentos, mayonnaise, caraway seeds and relish. Mix well by squishing through your fingers.

3. Add corn flakes, sauerkraut and mozzarella, and use your hands to thoroughly combine.

4 Transfer mixture to prepared pan. Bake until meat is cooked through and mixture is slightly set, about 50 minutes. Serve hot plain or with mashed potatoes, flour tortillas and salsa, or toasted rye bread.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 360 CALORIES; 8G CARBOHYDRATES; 33G PROTEIN; 22G FAT (7G SATURATED); 175MG CHOLESTEROL; 680MG SODIUM; 1G FIBER



BAKED SAUERKRAUT HAMBURG

Wine and beer suggestions

Prize winning recipes deserve delicious beverages to accompany them. Serve a **Samuel Adams Boston Lager** alongside Baked Sauerkraut Hamburg; the beer's spicy bite will stand up to the dish's tangy flavors. Pair Lasagna Veggie Cups or Zucchini Quinoa Lasagna with **Ruffino Chianti**: an earthy classic that goes well with simple tomato sauced Italian dishes. It's not always easy to pair wine and Indian food, but zesty **Fetzer Gewürztraminer** with its hints of cinnamon and clove should make a good match for Chicken Tikka Masala. It's apples to apples for the Apple Crisp. Enjoy it with **Woodchuck Amber Hard Cider**: refreshing, golden and with the sweet – but not too sweet – taste of apples. With the Quinoa Bars, try **Warre's Kings Tawny Port**. It's on the lighter side for a port, but still features parts characteristic raisin, orange and black tea flavors. And alongside a slice of Zucchini Bread, pour a glass of **Hogue Late Harvest Riesling**: crisp but sweet with zesty citrus aromas.

FOOD STYLING BY CATHERINE KELLY; PROP STYLING BY LAUREN MILES

SECOND PRIZE

Linde Sellner of Hooksett, N.H., wins a $750 Hannaford Gift Card



Linda Sellner and her grown daughter have made a hobby of creating healthful, low-carb, gluten-free and sometimes dairy-free recipes together. "We do it just for fun," says the high-school guidance counselor. "We've shared a lot of recipes with friends and family. Nowadays, everyone has so many allergies and food sensitivities."

Though her winning recipe contains dairy and gluten, it's a streamlined and lightened take on lasagna, with less than half the calories from fat (90 vs. 210) and sodium (590 mg vs. 1,230 mg).

The mini lasagnas can be handheld, so they're convenient as a take-along.

Linda says she relies on Hannaford for ingredients for her lighter, healthier dishes. "Hannaford has so much in terms of health food," she says. "I'm a regular in that section." May be frozen.

LASAGNA VEGGIE CUPS

SERVES 6 (3 CUPS PER SERVING)
ACTIVE TIME: 33 MINUTES
TOTAL TIME: 53 MINUTES

- ½ tsp. olive oil
- ½ medium onion, finely chopped
- 1 tsp. chopped garlic
- 3 ½ cups mixed fresh vegetables (such as broccoli, cauliflower, carrots, mushrooms, spinach), cut into bite-size pieces
- 1 tsp. dried basil
- ¼ tsp. dried oregano
- ½ tsp. salt
- ¼ tsp. crushed red pepper flakes
- 1 cup part-skim ricotta cheese
- ½ cup plus 6 Tbsp. part-skim mozzarella cheese, divided
- 2 tsp. grated Parmesan cheese
- 2 Tbsp. egg substitute
- 18 wonton wrappers
- 1 cup plus 2 Tbsp. low-sodium, low-fat pasta sauce

1. Preheat oven to 375°F. Heat oil in nonstick skillet over medium heat. Add onion, garlic, mixed vegetables, basil, oregano, salt and crushed red pepper. Stir and cook until tender, about 10 minutes. **2.** While vegetables cook, in a medium bowl, mix together ricotta, ½ cup of the mozzarella, Parmesan and egg substitute. **3.** Spray 18 cups of two 12-cup muffin pans with vegetable cooking spray. Place 1 wonton wrapper in each of the muffin cups. Divide vegetables evenly among each cup. Top veggies with 1 Tbsp. cheese mixture, then 1 Tbsp. sauce. Top each with 1 tsp. of the remaining shredded mozzarella. **4.** Bake until crisp with brown edges and melted cheese, 15 to 20 minutes. Cool in pan for a few minutes, then transfer to a serving plate. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 210 CALORIES, 35G CARBOHYDRATES, 13G PROTEIN, 0G FAT (5G SATURATED), 35MG CHOLESTEROL, 590MG SODIUM, 4G FIBER

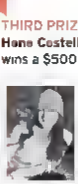


(LASAGNA VEGGIE CUPS)

RECIPE MAKEOVER CONTEST WINNERS

THIRD PRIZE

Hana Costello of Burlington, Vt., wins a $500 Hannaford Gift Card



"I like using vegetables in places where they normally wouldn't be," says Hana Costello. In the case of her winning recipe, she uses zucchini instead of lasagna noodles. The newlywed Hana, who became a vegetarian three years ago, says, "Lasagna is something I love as comfort food. I wanted to make it vegetarian-friendly without stripping out the protein."

The solution was quinoa, a grain (technically a seed) that's high in protein and can add heft and nutrition to vegetarian dishes. "I've tried to use tempeh or tofu as a protein in lasagna," says Hana, "but quinoa absorbs more water and makes the sauce thicker." Also a nutritional win is the cholesterol total — the 5 mg in Hana's makeover is dwarfed by the 90 mg in a typical meat lasagna. A mandolin can slice zucchini noodle thin, but Hana says she's also gotten good results using a sharp knife.

"It was hard becoming a vegetarian and giving up foods I really like," says Hana, who avoids meat for "all the typical reasons." But despite initial challenges, she says, "It's been fun being creative about switching things over." Her husband isn't quite a vegetarian, but he has another quality that's highly valuable in a spouse. Says Hana, "He'll eat anything."

ZUCCHINI QUINOA LASAGNA

SERVES 6

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 20 MINUTES

- 2 large zucchini
- ½ tsp. salt
- 1 cup quinoa
- 2 cups vegetable broth
- ½ cup tomato sauce
- 1 onion, finely chopped
- 1 clove garlic, minced
- 1½ tsp. dried oregano
- 2 Tbsp. reduced-fat cream cheese
- ¼ tsp. freshly ground black pepper, or to taste
- ¼ cup fresh basil, chopped
- 1 (23 to 26 oz.) jar marinara sauce
- 1 (8 oz.) pkg. part-skim shredded mozzarella cheese

1. Preheat oven to 400°F. Prepare the zucchini: Trim ends. Use a mandolin slicer or very sharp knife to slice zucchini lengthwise into long, flat "noodles."

2. Layer zucchini on paper towels and sprinkle with salt; then cover with more paper towels to absorb moisture. Let noodles sit while you prepare the quinoa.

3. In a large saucepan, combine quinoa, broth, tomato sauce, onion, garlic and oregano and bring to a boil over medium-high heat. Once boiling, cover and reduce heat to low. Simmer, stirring occasionally, until liquid is absorbed, about 15 to 20 minutes.

4. Gently stir in cream cheese, pepper and basil until incorporated.

5. Assemble the lasagna: Pour enough marinara in the bottom of an 8-by-8-inch pan just to cover the bottom. Wipe zucchini slices dry and lay about 4 slices over the sauce. Spread half the quinoa in a layer over the zucchini, then sprinkle with a third of the mozzarella cheese. Top with a third of the remaining sauce, then another layer of zucchini, remaining quinoa, half the remaining cheese, and half the remaining sauce. Top with a final layer of zucchini. Pour on remaining sauce and sprinkle with remaining cheese.

6. Cover pan with foil and bake until zucchini is tender and cheese is brown and bubbling, about 35 to 40 minutes. Remove foil during the last 5 to 10 minutes of cooking so cheese will brown. Let rest for 10 minutes, then slice into rectangles and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 340 CALORIES, 37G CARBOHYDRATES, 18G PROTEIN, 14G FAT (3G SATURATED), 35MG CHOLESTEROL, 1,340MG SODIUM, 6G FIBER



(ZUCCHINI QUINOA LASAGNA)

HONORABLE MENTION

Nancy Wilcox of Brewer, Maine, wins a $50 Hannaford Gift Card



It's a family joke in Nancy Wilcox's house. "When I present a recipe, the first thing they say is, 'Is there flax in it?' I do put it in a lot of things," says Nancy. And why not? Ground flaxseeds add omega-3 fatty acids, fiber and nutrients to a range of recipes. It helped her turn quinoa cookies — already no slouch in the health department — into these even more nutritious bars. (The makeover bars have just 10 mg of cholesterol compared to the cookies' 25 mg.) Other key substitutions and additions: pumpkin and banana for applesauce; oats and oat bran in place of flour; and a sugar-stevia blend instead of plain sugar. "Fiber is my big thing these days," she says, and this dish provides a hefty dose of it. May be frozen.

QUINOA BARS

MAKES 30 BARS
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 1 HOUR, 25 MINUTES (INCLUDING COOLING TIME)

- 7 cups old-fashioned oats
- 1½ cups oat bran
- ½ cup ground flaxseeds
- 1 tsp. salt
- 4 tsp. ground cinnamon
- ½ tsp. ground allspice
- 1 tsp. ground nutmeg
- 1 tsp. baking soda
- ¾ cup sugar and stevia blend (such as Dan'no Light n' Pure Via)
- 1 cup canola oil
- 2 Tbsp. molasses
- 2 eggs, lightly beaten
- 2 cups pumpkin purée
- 3 very ripe bananas, mashed
- 2 Tbsp. nonfat plain yogurt
- ¼ cup vanilla extract
- 1 cup cooked and cooled quinoa
- 1 cup finely chopped walnuts
- 1 cup raisins

1. Preheat oven to 350°F. Spray an 18-by-12-inch or other large rimmed baking sheet or jelly-roll pan with canola oil cooking spray.

2. In a very large bowl (or 2 large bowls), combine oats, oat bran, flax, salt, cinnamon, allspice, nutmeg, baking soda, and sugar-stevia blend. Mix well.

3 In a separate large bowl, blend together oil, molasses, eggs, pumpkin, bananas, yogurt, vanilla, and quinoa until thoroughly combined. Add to oat mixture, and stir to blend thoroughly. Stir in walnuts and raisins until well distributed.

4. Pour batter into prepared pan and bake until lightly browned and a tester inserted near the center comes out clean, about 30 to 35 minutes. Cool on a wire rack.

5 Cut into small bars and serve.

APPROXIMATE NUTRITIONAL VALUES PER BAR: 250 CALORIES, 33G CARBOHYDRATES, 5G PROTEIN, 13G FAT (1G SATURATED), 18MG CHOLESTEROL, 130MG SODIUM, 3G FIBER.

(QUINOA BARS)

RECIPE MAKEOVER CONTEST WINNERS

HONORABLE MENTION

Tricia Clifford of Norwood, Mass., wins a $50 Hannaford Gift Card



Granola might seem like a pretty nutritious snack, but beware: many versions harbor unhealthful amounts of fat and sugar. Tricia Clifford says she felt guilty about eating her pre-makeover version, which she's been preparing for years. The middle school science teacher and avid cook finally had a eureka moment: "I removed all the oil and added egg whites, which takes out the fat and makes it crunchy." Tricia also subbed puffed wheat cereal for some of the oats to lower the total fat — from 22 grams to 2.5 grams. Her favorite way to enjoy her lighter granola is to mix it into Taste of Inspirations® Greek Nonfat Vanilla Yogurt.

GRANOLA

SERVES 6
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 1 HOUR, 40 MINUTES (INCLUDING COOLING TIME)

- 2 cups old-fashioned oats
- 1 cup puffed wheat cereal
- ¼ cup wheat germ
- ¼ cup honey
- 1 egg white
- 1 Tbsp. vanilla extract
- 2 Tbsp. brown sugar
- pinch of salt

1. Preheat oven to 300°F. Spray a baking sheet with cooking spray.

2. In a large bowl, combine oats, puffed wheat and wheat germ.

3. In a medium bowl, whisk together honey, egg white, vanilla, brown sugar and salt. Pour honey blend over dry ingredients and gently stir to coat. Spread mixture on prepared baking sheet. Bake until golden and crispy, about 30 minutes, stir mixture at 10-minute intervals. Watch carefully toward the end to make sure not to overcook.

4. Cool on pan completely, about 1 hour. Store in airtight container at room temperature, or freeze.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 38G CARBOHYDRATES, 6G PROTEIN, 2.5G FAT (0G SATURATED), 0MG CHOLESTEROL, 60MG SODIUM, 4G FIBER

"I removed all the oil and added egg whites, which takes out the fat and makes it crunchy."



(GRANOLA)

HONORABLE MENTION

Patty Woods of Richmond, Maine, wins a $50 Hannaford Gift Card



Patty Woods knows a secret about zucchini bread. Many versions of the popular loaf are more like cake. About 10 years ago, Patty began tweaking her cooking to make it more healthful — using more organic products and subbing out some of the fat and sugar in baked goods. Swamped with zucchini last summer, she knew exactly which recipe was due for a makeover. "Most zucchini breads taste like sugar, and if you put a slice on a napkin, it leaves an oil stain," says Patty. For her healthier version, she used applesauce, flaxseeds, whole wheat flour, and dried fruit and nuts to make it "more like a real bread," and the result has just half the calories from fat: 90 vs. 180. May be frozen.

ZUCCHINI BREAD

SERVES 16
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 1 HOUR 30 MINUTES
(INCLUDING COOLING TIME)

- 1½ cups whole wheat flour
- 1½ cups all purpose flour
- ½ tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ¼ tsp. ground ginger
- ¼ tsp. ground cloves
- 2 Tbsp. ground flaxseeds
- ½ cup brown sugar, packed
- ½ cup sugar
- 3 eggs
- 2 cups shredded zucchini
- ¼ cup shredded carrots
- ¾ cup unsweetened applesauce
- ¼ cup vegetable oil
- grated zest of 1 orange
- 1 Tbsp. orange juice
- 1 cup chopped walnuts
- 1 cup dried cranberries or raisins

1 Heat oven to 350°F. Spray two 8 by-4 inch loaf pans with vegetable cooking spray.

2. In a large bowl, combine both flours, baking soda, baking powder, cinnamon, nutmeg, ginger, cloves, and flaxseeds.

3. In a second large bowl, use an electric mixer on medium high speed to blend both sugars and eggs until smooth. Alternately use a whisk or wooden spoon, add zucchini, carrots, applesauce, oil, and orange zest and juice and mix well.

4 Add wet ingredients to dry. Use a wooden spoon or rubber spatula to stir until just combined. Add walnuts and cranberries or raisins and mix to distribute.

5 Pour into prepared pans and bake until a tester inserted in the center comes out clean, about 60 to 70 minutes. Cool to room temperature on a wire rack, then slice and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
250 CALORIES; 37G CARBOHYDRATES; 5G PROTEIN; 10G FAT (1G SATURATED); 35MG CHOLESTEROL; 90MG SODIUM; 3G FIBER



(ZUCCHINI BREAD)

RECIPE MAKEOVER CONTEST WINNERS

HONORABLE MENTION

Jessie Greerson of Falmouth, Maine wins a $50 Hannaford Gift Card



Chicken Tikka Masala says Jessie Greerson is one of the most popular dishes in the world." The chunks of flavorful chicken in a rich, deftly seasoned sauce are hard to resist — until you realize that the sauce is full of heavy cream. "I'm always trying to re-create that creamy mouth feel in recipes — without using cream," says Jessie. So she tried using blended cottage cheese and half-and-half in place of cream. Her version of the Indian favorite has nearly half the calories (350 vs. 600 in typical tikka). May be frozen.

CHICKEN TIKKA MASALA

SERVES 4
ACTIVE TIME: 50 MINUTES
TOTAL TIME: 50 MINUTES

- 2 (8 oz.) skinless, boneless chicken breasts
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ½ tsp. turmeric
- ½ tsp. cayenne
- 1 tsp. ground cumin
- 2 tsp. garam masala, divided
- 3 tsp. minced garlic, divided
- ⅓ cup light sour cream
- 2 Tbsp. light olive oil
- 1 cup diced onion
- 1½ Tbsp. grated fresh ginger
- 2 Tbsp. tomato paste
- 3½ cups chopped fresh tomatoes, drained
- ¼ cup half-and-half
- ½ cup low-fat cottage cheese
- cooked rice (optional)
- naan bread (optional)
- cilantro sprigs for garnish (optional)

1. Slice chicken breasts through horizontally so there are 4 pieces. Pound each to a thickness of about ½ inch. Season with salt and pepper. In a small bowl or cup, mix together turmeric, cayenne, cumin and 1 tsp. of the garam masala and sprinkle half onto chicken.

2 Add remaining spice mixture to a pie pan or shallow bowl. Combine with 1 tsp. of the garlic and sour cream; mix well to combine. Dip chicken pieces in sour cream mixture, covering the surface.

3 In a large nonstick skillet, heat oil to shimmering over medium-high heat. Add chicken pieces 2 at a time and cook until just cooked through, about 3 to 4 minutes per side (160°F on an instant-read thermometer). Transfer chicken to a plate and tent with foil to keep warm.

4 Immediately add onion to hot skillet along with remaining 2 tsp. garlic, ginger and tomato paste and stir-fry for 2 to 3 minutes. Add tomatoes and simmer to reduce slightly, about 5 to 7 minutes.

5. While sauce simmers, purée until smooth half and half and cottage cheese in a blender, food processor or with an immersion blender. Lower heat over sauce and add cottage cheese mixture with remaining 1 tsp. garam masala. Blend sauce with an immersion blender until smooth, or transfer it to a blender or food processor, blend, then return to pan.

6 Slice cooked chicken into bite-size pieces. Add with any juices to sauce and heat until warmed through. Transfer to a serving plate or bowl. Serve warm, with rice or naan and garnished with cilantro sprigs if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 350 CALORIES, 7G CARBOHYDRATES, 56G PROTEIN, 9G FAT (4.2G SATURATED), 93MG CHOLESTEROL, 365 MG SODIUM, 3G FIBER.



(CHICKEN TIKKA MASALA)

HONORABLE MENTION

Mary Tryhorne of Montgomery, Vt., wins a $50 Hannaford Gift Card



Mary Tryhorne looked no farther than her backyard when seeking inspiration for her recipe. "We have an apple tree outside," says the mother of two. "Last fall we were canning applesauce and doing all kinds of things" with the plentiful fruit. Cooked apples topped with toasted nuts and oats proved a satisfying bedtime snack. "It had a comforting feel like apple crisp." But Mary's version has just a third of the calories—100 vs. 300 in typical apple crisp. Mary and her husband grow much of their food, but she's also on a first-name basis with the Produce Manager at her local Hannaford. "They really carry a lot of good organic produce; everything I need I can get there," she says.

APPLE CRISP

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 25 MINUTES

- 4 medium firm apples (such as Braeburn, Gala, or Fuji), peeled and thinly sliced
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ½ cup organic quick or old-fashioned oats
- ¼ cup sliced almonds
- ½ cup fat-free vanilla Greek yogurt (optional)
- 2 Tbsp. maple syrup (optional)
- fresh blueberries (optional)

1. Preheat oven to 350°F. In a medium saucepan, combine apples, cinnamon, and nutmeg. Cook over medium-low heat until apples have softened, about 15 to 20 minutes. Stir occasionally.

2. While apples are cooking, combine oats and almonds and spread in a thin layer on a baking sheet. Bake until oats and almonds start to toast and turn golden, about 7 to 10 minutes. Set aside.

3 To serve, spoon apples into bowls and top with oats and almonds. If desired, top with a dollop of yogurt and a drizzle of maple syrup and garnish with a few berries.



(APPLE CRISP)

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RECIPE MAKEOVER CONTEST WINNERS

HONORABLE MENTION

Viren Sapat of Falmouth, Maine wins a $50 Hannaford Gift Card



"Everybody likes good brownies," says Viren Sapat. But not everyone likes all the butter and sugar they usually contain. Viren, a native of India, took a classic brownie recipe and reduced the fat and sugar content with an unconventional ingredient: a homemade date butter similar to the date sauce used in Indian cooking. The result has 3.5 grams of saturated fat, compared to 5 grams in a typical brownie. "Because it's sweet, you can cut out a lot of the fat and sugar and still get moistness and sweetness without all those sinful ingredients," says Viren. The lightened version still contains chocolate chips and pecans — they are brownies, after all. May be frozen.

CHOCOLATE BROWNIES

SERVES 16
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 45 MINUTES

- 8 oz. pitted dates
- 1 cup water
- ⅓ cup plus 2 Tbsp. whole wheat pastry flour
- ¼ tsp. salt
- ½ tsp. baking powder
- 3 oz. unsweetened baking chocolate, broken into pieces
- 1 Tbsp. unsalted butter
- 1 Tbsp. light olive oil
- ¾ cup brown sugar, packed
- 2 eggs
- 2 tsp. vanilla extract
- ⅓ cup coarsely chopped pecans
- ¼ cup bittersweet chocolate chips

1. In a small saucepan, combine dates and water and bring to a simmer over medium heat. Maintain a simmer until softened, about 12 to 15 minutes. Transfer mixture to a blender or small food processor, or use an immersion blender to blend dates and liquid into a smooth, soft paste. Makes about 1 cup. Remove ⅓ cup [illegible] in the recipe and refrigerate the rest for another use.

2. Preheat oven to 350°F. Spray an 8-by-8 inch pan with vegetable cooking spray.

3 In a small bowl, whisk together flour, salt, and baking powder.

4 Set a medium heatproof bowl or saucepan over a pan of barely simmering water. Add chocolate, butter, and olive oil and heat until chocolate is just melted, stir until smooth and remove from heat.

5. Using a wooden spoon or rubber spatula, stir in reserved ⅓ cup date butter, brown sugar, eggs, and vanilla until well mixed. Stir in dry ingredients, folding in until well mixed. Transfer batter to prepared pan. Smooth surface, then sprinkle with pecans and chocolate chips. Bake for 15 to 20 minutes (longer for more cakey brownies, shorter for slightly more fudgy ones).

6. Cool in pan to room temperature, then cut into squares and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 30G CARBOHYDRATES, 3G PROTEIN, 9G FAT (3.5G SATURATED), 25MG CHOLESTEROL, 65MG SODIUM, 2G FIBER ●



(CHOCOLATE BROWNIES)

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(SWORDFISH-SCALLION SKEWERS)

luncheon IS SERVED

BY ALISON ARNETT
PHOTOGRAPHY BY GEORGE BENINGTON

The first dependably warm days are the perfect backdrop for the happy occasions celebrated at this time of year — Mother's Day, Father's Day, graduations, bridal showers, anniversaries. An elegant lunch of light dishes that will appeal to celebrants of all ages sets just the right mood.

Plan a menu that can be prepared in easy stages, starting the day before and finishing early in the morning so that you'll be relaxed when it's time for lunch. Start with brightly colored cherry tomatoes served over buttery puff pastry, a dish much easier to make than its dramatic good looks would suggest. Guests can nibble on this savory tart as they congratulate the guest of honor.

Then set out a platter of swordfish skewers with sun-dried tomatoes and scallions, and another of grilled chicken salad over sautéed rainbow chard. Both dishes deliver vibrant flavors without heaviness. Dessert continues the buoyant theme — a lighter-than-air toasted coconut angel food cake with a chocolate ripple, served with a silky vanilla crème anglaise.

An informal schedule will ensure success. The afternoon or evening before, prepare the swordfish skewers and roast them in the oven. The fish can then be chilled overnight and removed from the refrigerator late in the morning to come to room temperature before serving. Grill the chicken breasts and refrigerate. Then make the toasted coconut angel food cake, which must "hang" (rest upside down) for several hours up to overnight to prevent it from collapsing and ruining the airy texture.

On the morning of the party, make the cherry tomato tart. Prepare the chard, make the vinaigrette, and cut up the chicken for the grilled chicken salad. Remove the angel food cake from its pan and place it on a cake stand.

Then you'll have time to cut fresh flowers from your garden and set a pretty table to welcome your guests. And if the day turns out to be truly glorious, just move the celebration outdoors.

SWORDFISH-SCALLION SKEWERS

SERVES 6

ACTIVE TIME: 12 MINUTES

TOTAL TIME: 24 MINUTES

Bite-size chunks of swordfish and sun-dried tomatoes roasted on skewers make an easy dish. The swordfish is roasted with a garlicky, lemony sauce that can be spiked with a little crushed red pepper. Recipe may be halved.

Note: You'll need 6 long or 12 shorter skewers. If using wooden skewers, be sure to soak them in water for 10 minutes before using.

- 3 Tbsp. olive oil
- 3 Tbsp. fresh lemon juice
- ½ cup white wine
- 4 cloves garlic, minced
- 1½ lbs. swordfish, cut into 1-inch cubes
- 8 oil-packed sun-dried tomatoes, drained, cut into quarters
- 4 scallions, white and light green parts only, cut into 1-inch-long pieces
- ¼ tsp. salt
- 1 tsp. freshly ground black pepper
- 2 Tbsp. chopped parsley, divided
- 1 Tbsp. chopped chives, divided
- ½ tsp. crushed red pepper flakes (optional)
- lemon wedges for garnish (optional)

1 Preheat oven to 400°F.

2 In a rimmed baking sheet, mix oil, lemon juice, wine, and garlic. Thread swordfish chunks, sun-dried tomato pieces, and scallions onto skewers, alternating each item. Place skewers onto olive oil mixture and turn several times to coat. Sprinkle with salt and pepper, half the parsley, half the chives, and red pepper flakes if using.

3 Roast swordfish on baking sheet with mixture, for 5 to 7 minutes. Turn skewers and roast for another 5 to 7 minutes, until swordfish chunks are opaque. Cut into one to check. Don't over-roast or swordfish will be dry. Transfer skewers to a serving platter, drizzle pan juices over swordfish, sprinkle with remaining parsley and chives, and garnish with lemon wedges if using. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
250 CALORIES, 4G CARBOHYDRATES, 22G PROTEIN, 15G FAT (3G SATURATED), 70MG CHOLESTEROL, 180MG SODIUM, 1G FIBER

FLOWER POWER

Nothing is as gratifying to a gardener as decorating the table with lovingly tended flowers. But it can be frustrating when flowers will shortly after you bring them inside. To discover how to keep them fresh indoors, we asked gardening guru Carol Stocker of *The Boston Globe* for some tips. Depending on the temperature of your house and the type of flowers, these methods should keep your bouquets beautiful for about a week.

- After bringing cut flowers indoors, either recut a half inch off stems submerged in water or put the stems right under a faucet and cut while water is running.
- Put flowers in lukewarm water that is as deep as possible. You don't want just an inch of water at the bottom of the vase. Fill the vase to the top.
- Remove any leaves that would be under water.
- With flowers with woody stems, like lilacs, slice a half inch up the middle of the stems from the end while cutting a half inch off the ends.
- Put the vase of lukewarm water with the flowers in it in a cool, dark place for a couple of hours after arranging in order to condition the blooms.

FROM STYLE, RELAXED, NATURAL ELEGANCE, PREVIOUS SPREAD: MARK RUTSTEIN/MASTERS' LE (CLARKSON); THIS SPREAD: (CLOCKWISE, FROM TOP): ISTOCK

GRILLED CHICKEN SALAD WITH RAINBOW CHARD

SERVES 6
ACTIVE TIME: 45 MINUTES
TOTAL TIME: 60 MINUTES

This beautiful salad combines the easy grilling with the health benefits of dark greens and a light vinaigrette. Most of the work can be done ahead of time, and the salad can be served warm or at room temperature. May be frozen.

- 4 Tbsp. olive oil, divided
- 2 Tbsp. white wine vinegar
- ⅓ cup white wine
- 2 Tbsp. chopped fresh tarragon or 2 tsp. dried, thyme, dill
- 2 tsp. minced garlic, divided
- ¼ tsp. ground nutmeg
- 1 tsp. freshly ground black pepper
- 3 (8 oz.) chicken breasts, halved
- ¼ cup pine nuts
- 2 bunches rainbow chard, well washed
- 2 shallots, minced
- 2 Tbsp. fresh lemon juice
- ¼ tsp. salt, or to taste
- 2 tsp. Dijon mustard

1. In a small bowl, mix 1 Tbsp. of the oil, vinegar, wine, 1 Tbsp. of the fresh tarragon or 1 tsp. dried, 1 tsp. of the garlic, nutmeg and pepper. Transfer to a resealable plastic bag. Add chicken pieces and massage to distribute marinade. Marinate in the fridge for 1 hour.

2. Meanwhile, in a skillet over medium high heat, cook pine nuts until toasted, about 3 to 4 minutes. Transfer to a small plate and set aside.

3. Prepare the chard by cutting leaves from stems. Cut stems into ½ inch lengths and set aside. Slice leaves into 1 inch widths and set aside.

4. Preheat grill so that heat is medium hot. Wood or coals should be smoldering, but ash covered with no visible flames. Remove chicken from marinade and discard marinade. Place chicken over fire, turning to brown both sides, and then moving it away to a cooler part of grill to finish cooking. This will take about 25 to 30 minutes in all. Put chicken breasts on a cutting board and let cool slightly, then cut into 1 inch chunks.

5. In a large skillet, heat 1 Tbsp. of the oil over medium high heat; add shallots and remaining 1 tsp. garlic, and sauté for 1 minute. Add reserved chard stems and sauté until slightly softened. Add chard leaves to skillet, sautéing until slightly reduced and tender, about 10 minutes. Remove from heat.

6. While chard cooks, in a large bowl combine remaining 2 Tbsp. oil, lemon juice, salt and mustard and whisk well. Add 1 Tbsp. of the vinaigrette to the chard mixture when its done cooking. Add chicken pieces to bowl with vinaigrette and toss to coat.

7. Divide chard among 6 plates. Top chard with chicken, then sprinkle with reserved pine nuts and remaining 1 Tbsp. fresh or 1 tsp. dried tarragon. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
300 CALORIES, 6G CARBOHYDRATES, 30G PROTEIN, 17G FAT (2.5G SATURATED), 75MG CHOLESTEROL, 350MG SODIUM, 2G FIBER.

good and healthy

Rainbow chard is related to spinach and beets and packs hefty doses of vitamins K, A, C, B and E, as well as minerals such as magnesium, potassium and iron. One great benefit of chard – of any color – is that it has fiber but almost no calories. Super chard, indeed!



GRILLED CHICKEN SALAD WITH RAINBOW CHARD

SAVORY CHERRY TOMATO TART

SERVES 8 AS AN APPETIZER
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 1 HOUR 15 MINUTES

Brightly colored and bursting with flavor this tart will start off an early summer lunch with gusto Prepackaged puff pastry makes the tart easy to prepare and adds elegance and a buttery flavor and texture. The anchovies add an irresistible savory taste but can be omitted if you want to make the tart vegetarian If so increase the salt to ¼ tsp Recipe may be halved

1 pkg frozen puff pastry thawed
½ cup grated Romano cheese
1 Tbsp olive oil
6 anchovy fillets, rinsed drained and finely chopped (optional)
5 cups (about 2 lbs) small cherry or grape tomatoes
½ tsp. salt
1 tsp. freshly ground black pepper
¼ cup chopped parsley
2 Tbsp finely chopped basil

1 Preheat oven to 375°F Line 2 baking sheets with parchment paper
2 Roll each of the 2 sheets of puff pastry to a rectangle measuring about 14 inches by 10 inches and place 1 sheet on each baking pan Prick pastry all over with the tines of a fork which will keep it from puffing up too much. Bake until edges of pastry are pale gold, about 25 minutes Remove from oven and sprinkle with cheese Let cool Leave oven on
3 Heat oil in a large skillet over medium high heat Add anchovies if using tomatoes salt and pepper Saute briefly until tomatoes begin to release juices 6 to 8 minutes Tomatoes should still hold their shape well Let cool for a few minutes Use a slotted spoon to transfer tomatoes to the pastry sheets dividing equally spreading to about ½ inch from the edge Sprinkle with parsley and basil
4 Return to oven and bake until pastry is hot and slightly puffed about 15 minutes Cut into rectangles and serve the tart warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
180 CALORIES 7G CARBOHYDRATES 4G PROTEIN 7G FAT (2 5G SATURATED) 5MG CHOLESTEROL 310MG SODIUM 1G FIBER


(SAVORY CHERRY TOMATO TART)

WINE SUGGESTIONS

This lovely lunch menu starts with a Savory Cherry Tomato Tart A fun wine choice to pair with notoriously tricky tomatoes is **Francia Cappata Saffia Rosé** a dry elegant pink wine that's reminiscent of Provence With the Swedish Scallion Skewers try **Nine Walks Sauvignon Blanc** from New Zealand a refreshing choice for warm weather **Clos du Bois Chardonnay** bright and juicy with aromas of apple blossom and ripe pear makes a good match for Grilled Chicken Salad with Rainbow Chard And **Rose n' Blum Pink Moscato** brilliant pink slightly effervescent and deliciously sweet makes a fitting finale served with the Chocolate Swirled Coconut Angel Cake

CHOCOLATE-SWIRLED COCONUT ANGEL CAKE WITH CRÈME ANGLAISE

SERVES 10
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR, 5 MINUTES (PLUS COOLING TIME)

This airy and light angel food cake has a chocolaty center and toasted coconut. Because only egg whites are used in the cake, you'll have plenty of egg yolks to make our heavenly crème anglaise to serve alongside. Cake is best served within a day of baking.

Note: Do not use packaged prepared egg whites. They've been pasteurized, which prevents them from whipping properly.

- ½ cup unsweetened shredded coconut
- 1 cup cake flour
- 1¼ cups plus 2 Tbsp. confectioners' sugar, divided
- ¼ tsp. salt
- 2 Tbsp. sifted unsweetened cocoa powder
- 1½ cups egg whites (from about 10 to 12 large eggs), at room temperature
- 1 tsp. cream of tartar
- 1 tsp. vanilla extract
- strawberries, for garnish (optional)
- toasted shredded coconut, for garnish (optional)
- crème anglaise (recipe follows)

1. Preheat oven to 325°F. Have ready a tube pan with a removable bottom and a thin neck bottle (like a wine bottle) for cooling it (the pan doesn't have built-in feet for resting).
2. Toast coconut in a large skillet over medium heat, just until golden, about 4 minutes. Transfer to a bowl and set aside.
3. Sift flour with ½ cup of the confectioners' sugar and salt into a medium bowl; set aside. Sift ¾ cup of confectioners' sugar into another bowl.
4. In a small bowl, sift together remaining 2 Tbsp. confectioners' sugar and cocoa; set aside.
5. Beat egg whites in a large bowl until frothy using an electric mixer on low speed. Add cream of tartar and whip for a few seconds, then add 2 Tbsp. of the ¾ cup confectioners' sugar and whip for a few seconds. Add remaining confectioners' sugar gradually a few tablespoons at a time. Whip egg whites until they are dry and glossy.
6. Measure out ½ of the reserved toasted coconut and sprinkle on the egg whites. Add vanilla. Fold in very lightly with a rubber spatula just to combine.
7. Sprinkle flour mixture over whites and lightly fold in with a rubber spatula until just barely incorporated.
8. Sprinkle remaining coconut on bottom of ungreased tube pan. Spoon half the batter into the pan. Sprinkle with cocoa-sugar mixture. Spoon the rest of the batter into the pan. Bake until cake has risen and top is golden, about 45 minutes. A tester should come out clean. As soon as cake is done, invert onto neck of a bottle or the feet of the pan. Allow to hang (rest upside down) for several hours or overnight until cool.
9. Invert onto a serving plate; carefully sliding a knife under the pan bottom to release it. Garnish with strawberries and toasted shredded coconut, if desired. Serve with crème anglaise in a bowl on the side.



(CHOCOLATE-SWIRLED COCONUT ANGEL CAKE WITH CRÈME ANGLAISE)

CRÈME ANGLAISE

MAKES 1 PINT (10 SERVINGS)
ACTIVE TIME: 23 MINUTES
TOTAL TIME: 23 MINUTES

Silky and egg-rich, this sauce goes beautifully with toasted coconut angel cake. It's also wonderful served with strawberries and other fresh fruit of the season.

- 2 cups whole milk
- 3 Tbsp. sugar
- 4 egg yolks
- 2 tsp. vanilla extract

1. Put milk and sugar in a medium saucepan and heat over medium heat to dissolve sugar. In a small bowl, whisk egg yolks with a fork to combine, being careful not to froth them too much. Whisk 2 Tbsp. of hot milk into egg yolks, and then add egg yolk mixture to pan of milk.
2. Cook over low heat, stirring constantly with a wooden spoon, until liquid begins to thicken, about 12 to 16 minutes. Watch heat carefully — too hot and custard will separate. Mixture is thick enough when drawing your finger across custard on the back of the spoon leaves a "trail." You can also use a candy thermometer and cook to 170°F to 175°F.
3. Remove pan from heat and stir in vanilla. If there are lumps, even small ones, strain through a sieve.
4. Cool to room temperature, place in a bowl and refrigerate. To store overnight, place a piece of plastic wrap directly on the custard to prevent a skin from forming. Can be stored for 1 to 2 days.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 208 CALORIES, 33G CARBOHYDRATES, 8G PROTEIN, 3.5G FAT (1.5G SATURATED), 80MG CHOLESTEROL, 150MG SODIUM, 1G FIBER.

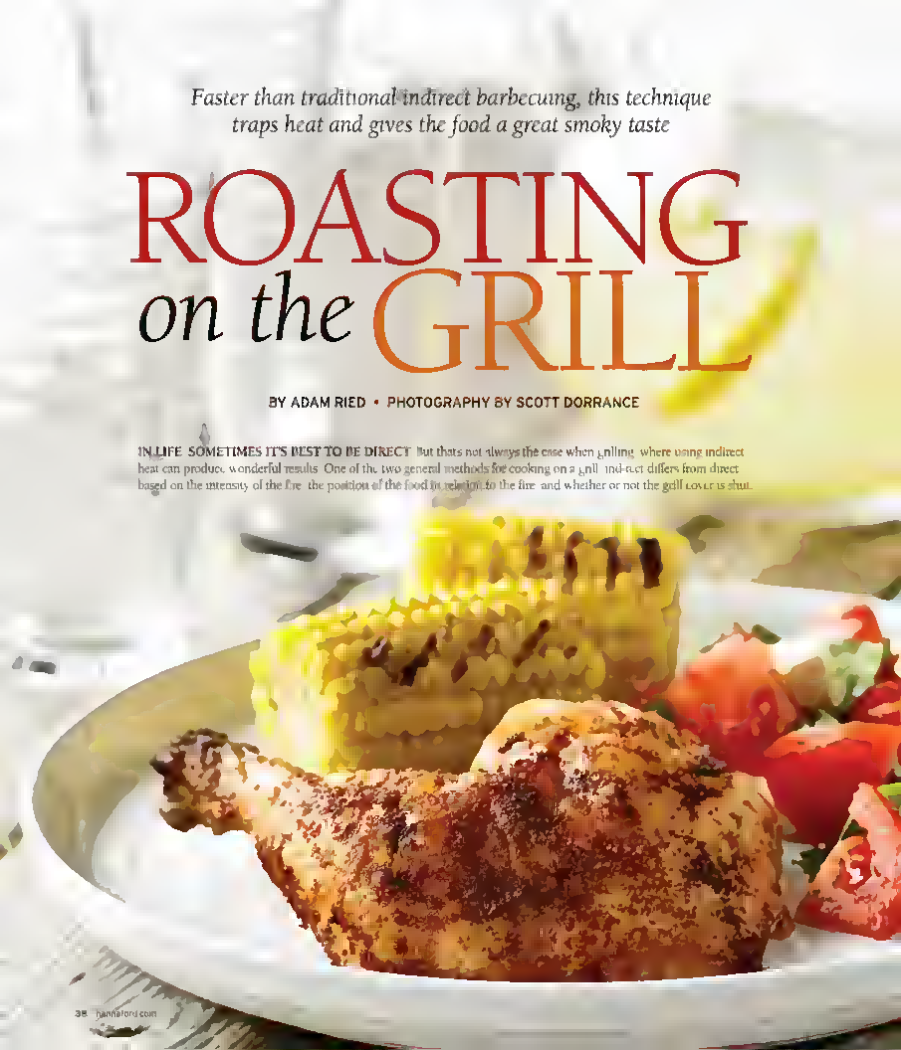
Freelance writer and editor Alison Arnett is a former restaurant critic for The Boston Globe.

Faster than traditional indirect barbecuing, this technique traps heat and gives the food a great smoky taste

ROASTING *on the* GRILL

BY ADAM RIED • PHOTOGRAPHY BY SCOTT DORRANCE

IN LIFE SOMETIMES IT'S BEST TO BE DIRECT But that's not always the case when grilling, where using indirect heat can produce wonderful results. One of the two general methods for cooking on a grill, indirect differs from direct based on the intensity of the fire, the position of the food in relation to the fire, and whether or not the grill cover is shut.







Dear Readers

One of the most popular editions of *fresh* each year is this one — our annual recipe contest. It features recipes from readers in many of the communities we serve, allowing us to share your best ideas for great meals. It's also another opportunity for us to hear directly from you.

Connecting with shoppers is important to us, whether it's in our stores, through our advertising or online with hannaford.com and social media. I personally get calls and letters from customers each week, as well as have conversations with shoppers as I visit our stores.

Listening to you and receiving your feedback helps us provide the right products and services for you and your family. We appreciate that you take the time to contact us, especially if you have a question or concern, since your feedback allows us to continually improve your experiences with Hannaford.

We receive many positive comments from customers about *fresh*. We're proud that recipes in the magazine have become part of family traditions, and that we have a place at your table with products to make your meals special. (This fall, look for our "Best of Fresh" cookbook edition, based on the recipes you voted as your favorites from the past 10 years.)

I hope you'll keep turning to *fresh* for ideas, and that you'll continue to offer your suggestions for Hannaford. We're listening.

Sincerely,

Brad Wise

BRAD WISE
President, Hannaford Supermarkets

Hannaford

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SCOTT INSURANCE/INSURANCE STUDIO

Direct grilling over a hot fire is great for cooking smaller items such as steaks or burgers or more delicate foods such as tender vegetables or seafood. The fire temperature is usually 450°F or hotter and the lid is open.

In indirect grilling you arrange the fire on one side of the grill and cook the food on the cooler section of the grate next to the heat and with the lid shut.

There are two types of indirect grilling: barbecuing and grill roasting. For grill roasting, the fire is usually between 300°F and 400°F and hotter than it is for barbecuing. This means that food cooks faster than in barbecuing, usually within 90 minutes, but still much slower than in direct grilling.

SMOKY GRILL ROASTED BEER CAN CHICKEN

SERVES 6

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 45 MINUTES

Because the grill cover has to fit over a chicken that's sitting up vertically on a can of beer, the chicken can't be too large, so keep that in mind. May be frozen.

- ¼ tsp. kosher salt, or to taste
- ½ tsp. freshly ground black pepper
- ½ Tbsp. light brown sugar
- 2 tsp. salt-free chili powder
- 2 tsp. paprika
- 1 tsp. ground cumin
- 2 tsp. onion powder
- 1 tsp. garlic powder
- ¼ tsp. cayenne
- 1 (3 to 3½-lb.) whole chicken, giblets removed, excess fat trimmed, and dried with paper towels
- 1 Tbsp. canola oil
- 1 (12 oz.) can beer (any kind)

1. Cover 3 cups of wood chips (any kind) with water in a small bowl; set another small bowl over them to keep them submerged, and set aside to soak for 1 hour. Drain the chips, pour them onto a large sheet of heavy-duty foil (or a double layer of regular foil), and wrap and seal to make a pouch. Poke vent holes all over the pouch with a paring knife, and set aside.

2. Meanwhile, mix salt, pepper, brown sugar, chili powder, paprika, cumin, onion and garlic powders, and cayenne in a small bowl, breaking up any brown sugar lumps with your fingers. Set chicken on cutting board and gently loosen the skin from breasts, legs and thighs with your fingers (do not tear skin). Rub the meat underneath the skin with about one-third of the spice mixture. Rub oil over the skin and sprinkle remaining spice mixture all over the chicken.

3. Prepare a medium-hot fire in a charcoal grill or preheat a gas grill on high, placing the pouch of wood chips over the primary burner for 15 minutes. If using a gas grill, leave the primary burner on high and adjust the other(s) to maintain grill temperature at about 350°F. When the charcoal is covered with gray ash, push it to one side of grill, set wood chip pouch directly on it, position grate cover and heat grate for 5 minutes.

4. Open the beer and discard about half of it. Punch three or four more holes in the top of the can with a can opener. Hold chicken upright and carefully slide beer can, holes pointed up, into chicken cavity. Position chicken on cool side of grill (opposite the fire or burner), using beer can and drumsticks to balance it tripod-style on grate. Close cover (for charcoal grill, make sure cover vents are halfway open and positioned over chicken) and roast, rotating chicken 180 degrees halfway through cooking, until skin is deep brown and a thermometer inserted into the thickest part of the thigh registers 170° to 175°F, about 1 to 1¼ hours.

5. Remove chicken and can from grill (use silicone mitts to protect your hands), tent with foil, and rest for about 10 minutes. Carefully remove can from chicken cavity without spilling contents and discard. Quarter or carve chicken and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 210 CALORIES, 5G CARBOHYDRATES, 20G PROTEIN, 12G FAT (3G SATURATED), 60MG CHOLESTEROL, 143MG SODIUM, 1G FIBER



ASK THE BUTCHER

Q. What do I need to know about buying a whole chicken?

A. There are basically two types of whole chickens, roasters and fryer/broilers. Really, the only difference is size (the roaster is larger). You can fry a roaster or roast a fryer, and I advise customers to choose based on the number of servings they need. My favorite way to prepare a moist, tender whole chicken is the beer can method. A little trick is that after sliding the chicken over the can so it's standing upright, plug the neck hole with a small onion or potato. That step locks in the flavors, and it will cook up beautifully.

—Mike Belanger is a butcher at our Damariscotta, Maine, store

BRIQUETTE VS. HARDWOOD CHARCOAL

Briquette and hardwood, also called lump hardwood or charwood, are the two common types of charcoal. For grill roasting, we recommend briquettes because their composition and even shape promote slow, steady burning. A briquette fire maintains its heat longer, suiting it well to the longer cooking times of grill roasting. The coals pictured here will be ready when they're covered with gray ash. Hardwood burns hotter and faster, making it more suited to [illegible]





SMOKY GRILL ROASTED SWEET POTATOES AND GARLIC SAUCE

SERVES 8
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 1 HOUR, 30 MINUTES

Smoked paprika in the garlic sauce reinforces the smokiness from the grill. May be frozen and recipe may be halved.

- 2 large heads garlic
- 3 Tbsp. extra-virgin olive oil, divided
- 4 medium sweet potatoes (about 10 oz each), scrubbed
- ½ tsp. smoked paprika
- ¼ tsp. salt, or to taste
- freshly ground black pepper
- chopped parsley for garnish (optional)

1 Cover 3 cups of wood chips with water in a small bowl; set another small bowl over them to keep them submerged and set aside to soak for 1 hour. Drain the chips, pour them onto a sheet of heavy-duty foil (or a double layer of regular foil) and wrap and seal to make a pouch. Poke vent holes all over the pouch with a paring knife and set aside.

2. Prepare a hot fire in a charcoal grill or preheat a gas grill on high, placing pouch of wood chips over the primary burner, for 15 minutes. If using a gas grill, leave the primary burner on high, and adjust the other(s) to maintain grill temperature at about 350°F. When the charcoal is covered with gray ash, push it to one side of grill, set wood chip pouch directly on it, position grate, cover and heat grate for 5 minutes.

3 Meanwhile, remove outer papery skins from garlic heads and cut off top quarter of each head. Set heads on a sheet of foil, cut-side up, drizzle 1 tsp. oil over each, and wrap and seal to make a pouch. Poke vent holes all over pouch with a paring knife and set aside. Rub sweet potatoes with another 1 tsp. oil.

4 Position sweet potatoes and garlic pouch on cool side of grill (opposite the fire or burner), close cover (for charcoal grill, make sure cover vents are halfway open and positioned over the sweet potatoes) and roast, rotating sweet potatoes 180 degrees halfway through cooking, until garlic is tender and potatoes are very tender when poked with a paring knife, 1¼ to 1½ hours.

5 Unwrap garlic and, when cool enough to handle, squeeze cloves from the skins into a medium bowl. Blend in smoked paprika, salt, pepper and remaining 2 Tbsp. olive oil with a fork. If desired, use an immersion blender or combine the ingredients in a mini-chopper and process to a coarse paste, stopping to scrape down the sides of the jar as necessary; scrape mixture into a small bowl (there should be about ½ cup).

6. To serve, split potatoes in half lengthwise. Top each half with a spoonful of sauce. Garnish with parsley if desired. Serve warm with remaining garlic sauce on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
180 CALORIES, 3OG CARBOHYDRATES, 3G PROTEIN, 5G FAT (1G SATURATED), 0MG CHOLESTEROL, 140MG SODIUM, 4G FIBER

SOAK AND SMOLDER

It may seem counterintuitive to soak the wood chips (presumably) meant to generate smoke and a smoky flavor, but there's a good reason for it. Dry wood chips burn out quickly, creating only a short burst of smoke. When the chips are soaked, they take much longer, giving the wood more time to do its flavorful thing.



(GRILLED-ROASTED SPINACH-STUFFED PORTOBELLO MUSHROOMS)

GRILL-ROASTED SPINACH-STUFFED PORTOBELLO MUSHROOMS

SERVES 6
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR

Frozen spinach makes these a snap to prepare. An extra drizzle of olive oil just before serving is a nice finishing touch.

- 1 (10-oz.) pkg. frozen chopped spinach
- 1 Tbsp. extra-virgin olive oil, plus additional for optional drizzling
- 1 medium onion, finely chopped
- 5 cloves garlic, finely chopped
- ½ tsp. crushed red pepper flakes
- 6 oz. crumbled goat cheese, at room temperature
- ⅓ cup grated Parmesan cheese
- ¼ tsp. kosher salt, or to taste
- ½ tsp. freshly ground black pepper
- 6 large portobello mushroom caps (about 5 inches in diameter; about 1½ lbs. total), wiped clean
- olive oil cooking spray

1. Prepare a medium-hot fire in a charcoal grill or preheat a gas grill on high for 15 minutes. If using a gas grill, leave the primary burner on high and adjust the other(s) to maintain grill temperature at about 350°F. If using charcoal, when the charcoal is covered with gray ash, push it to one side of grill; position grate, cover and heat grate for 5 minutes. Scrape grate clean with a grill brush. Lightly oil grill grate with vegetable oil.

2. While grill heats, prepare spinach according to package instructions. Let cool.

3. Heat 1 Tbsp. of the olive oil in a medium skillet over medium heat until it shimmers. Add onion and cook, stirring, until softened, about 4 minutes. Add garlic and red pepper flakes and cook, stirring, until fragrant, about 40 seconds. Set aside off heat to cool briefly.

4. When spinach is cool, add to a sieve and press down to release as much liquid as possible; discard the liquid. Transfer spinach to a medium bowl; break it up with your fingers (there should be about 1½ to 2 cups). Add onion mixture, goat cheese, Parmesan, salt and pepper and stir until well combined and uniform.

5. Scrape the gills from the undersides of the mushroom caps with a teaspoon. Spray both sides of caps with cooking spray and divide spinach mixture among them. Position mushrooms on cool side of grill (opposite the fire or burner); close cover (for charcoal grill, make sure cover vents are halfway open and positioned over mushrooms) and roast until mushrooms are tender and filling is heated through, about 25 minutes. Serve at once, drizzled with additional olive oil if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 440 CALORIES, 37G CARBOHYDRATES, 43G PROTEIN, 19G FAT (13G SATURATED), 100MG CHOLESTEROL, 2310MG SODIUM, 5G FIBER.

good and healthy

You might think of big, juicy, meaty portobellos, which are fully mature cremini mushrooms, as the prime rib at the mushroom world. Not only are they uniquely satisfying, they're a good source of selenium, which contributes to the body's antioxidant production, copper, which helps the blood transport oxygen, and niacin, which some studies link to resistance to Alzheimer's disease. Potassium is another benefit -- a medium portobello contains as much potassium as a medium banana.

GRILL-ROASTED PORK LOIN WITH TUSCAN SEASONINGS

SERVES 6

ACTIVE TIME: 20 MINUTES
TOTAL TIME: 1 HOUR 15 MINUTES

Garlic rosemary and fennel are a classic Tuscan flavoring trio and a natural for pork. Serve with rice pilaf and broccoli rabe or green beans. Leftovers are great in sandwiches. May be frozen and recipe may be halved.

- 5 cloves garlic coarsely chopped
- 2 Tbsp fresh rosemary leaves
- 1 Tbsp fennel seeds
- 2 Tbsp extra virgin olive oil
- ½ tsp kosher salt, or to taste
- ¼ tsp freshly ground black pepper
- 1 (3 lb.) boneless pork loin roast

1 Prepare a medium hot fire in a charcoal grill or preheat a gas grill on high for 15 minutes. If using a gas grill, leave the primary burner on high and adjust the other(s) to maintain grill temperature at about 350°F. When the charcoal is covered with gray ash, push it to one side of grill, position grate, cover, and heat grate for 5 minutes. Scrape grate clean with a grill brush. Lightly oil grill grate with vegetable oil.

2. While grill heats, process garlic, rosemary, and fennel seeds in a mini-chopper until finely chopped. Scrape sides of chopper, add olive oil, and process to a coarse paste. Alternately, use an immersion blender. Scrape mixture into a small bowl, add salt and pepper, stir to mix, and set aside (you should have a scant 3 Tbsp.).

3. If pork is wrapped in netting, cut it off and discard it. If necessary, with a sharp, thin-bladed knife, trim any thick spots of the surface fat layer to about ¼-inch thickness and lightly score the fat in a crosshatch pattern at 1-inch intervals (try not to cut into the meat). Tie meat into a uniform shape with kitchen twine at 1½-inch intervals. Pat dry with paper towels and rub all over with the seasoning paste.

4. Grill pork directly over heat, until lightly browned, about 3 minutes per side. Position pork fat side up on cool side of grill (opposite the fire or burner), close cover (for charcoal grill, make sure cover vents are halfway open and positioned over meat), and roast, rotating the pork 180 degrees halfway through cooking, until an instant-read thermometer inserted in thickest part of meat registers 140°F, about 45 minutes to 1¼ hours. Transfer pork to a cutting board, tent with foil, and rest about 15 minutes. Remove the strings from the pork, slice, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 400 CALORIES, 2G CARBOHYDRATES, 48G PROTEIN, 21G FAT (6G SATURATED), 145MG CHOLESTEROL, 160MG SODIUM, 1G FIBER.

Boston Globe Magazine cooking columnist Adam Ried is also the kitchen equipment specialist on the PBS shows America's Test Kitchen and Cooks Country from America's Test Kitchen and the author of Thoroughly Modern Milkshakes.

beer suggestions

A frosty beer is the perfect accompaniment to grill-roasted foods. To complement the rich flavors of Grill-Roasted Spinach-Stuffed Portobello Mushrooms, try a tart, dry **Goose Island Sofie**, fermented with wild yeasts and aged in wine barrels with orange peel. **Shock Top Belgian White**, a light, unfiltered Belgian-style wheat ale beer, makes a good match for Smoky Grill-Roasted Sweet Potatoes. Serve Smoky Grill-Roasted Beer Can Chicken with a light, crisp, clean **Budweiser**. For the Grill-Roasted Pork Loin with Tuscan Seasonings, go with Belgian ale **Leffe Blonde**, uniquely spicy and well rounded, with a honeylike sweetness.



Seafood on the Grill

Reel in a quick, tasty – and nutritious – meal

BY KIMBERLY MAYONE PHOTOGRAPHS BY MARK FERRI

Seafood on the grill is the perfect summer food. Both fish and shellfish cook up quickly and need little adornment — and they deliver a healthy dose of lean protein. Keep things simple as the seafood hits the grill, then use a sauce or dressing for flavorful accents. Mix it up by considering which ingredients will work well. Since tangy lemon is the standard go to garnish for seafood, you might try other citrus or vinegars for variety.

To streamline summer cooking, look for the many convenience items throughout the store, like steam-in-the-bag fresh vegetables, jarred minced garlic and ginger, ready-to-cook potatoes, prepared pesto, reduced fat dressings, Taste of Inspirations® rubs, boneless, skinless chicken thighs, pitted kalamata olives from the olive bar, and prewashed lettuce and baby greens.

When it comes to fast and healthy cooking, a food processor (or an immersion blender with a chopping attachment) is a great tool. It saves prep time and can create a homemade dressing in a few quick pulses.

We offer three recipes that include a side salad or vegetables, so you'll have a complete meal in 30 minutes or less. With a little planning, glorious grilled seafood can be on your menu tonight.

GRILLED SALMON WITH GREEN BEANS, POTATOES AND LEMON PARSLEY SAUCE

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

A tangy parsley sauce complements all three components of the meal: potatoes, green beans and paprika dusted salmon. Recipe may be halved.

- 1 (24 oz.) pkg. baby Yukon Gold Potatoes
- 2 Tbsp. extra virgin olive oil, divided
- 1 tsp. paprika
- 4 (6 oz.) Taste of Inspirations® Salmon Fillets
- 1 medium shallot
- 2 lemons, divided
- ½ cup parsley leaves
- 2 Tbsp. nonfat plain Greek yogurt
- 2 cloves garlic
- ¼ tsp. kosher salt, more to taste
- ¼ tsp. freshly ground black pepper
- 1 (12 oz.) bag steam-in-the-bag fresh green beans
- parsley sprigs for garnish (optional)

1 Add potatoes to a small saucepan and cover with water. Bring to a boil over high heat and cook until tender, about 15 minutes. Drain and set aside.

2 While potatoes cook, preheat grill. Rub 1 Tbsp. oil and paprika all over the salmon. Set aside.

3 Quarter shallot and add to a food processor. Grate zest from 1 lemon into the processor. Halve lemon and squeeze the juice; measure 2 Tbsp. into the processor and reserve the remaining juice for another use. Add remaining 1 Tbsp. oil, parsley, yogurt, garlic, salt and pepper and process until smooth. Set aside.

4 Grease grill with vegetable oil or cooking spray and place salmon on the hot grill. Grill salmon until well marked, about 6 minutes, and turn to finish cooking, about 4 minutes for medium doneness.

5 While the salmon grills, prepare green beans according to package instructions. Spoon some of the sauce on 4 plates. Top with salmon and divide green beans and potatoes among the plates. Cut remaining lemon into wedges and add to each plate, or serve on the side. Garnish fish with parsley sprigs if desired. Serve remaining sauce in a bowl on the side.



APPROXIMATE NUTRITIONAL VALUES PER SERVING
490 CALORIES 36G CARBOHYDRATES 43G PROTEIN 19G FAT 3G SATURATED 100MG CHOLESTEROL 230MG SODIUM 4G FIBER

FOOD STYLING: LOLA BELANDRIA PROPS: PAMELA MAYA; JIM HENRY

good and healthy

Seafood delivers serious nutrition. Much lower in calories and fat than other animal protein, fish and shellfish are so packed with nutrients – like vitamin D, omega 3s, B-complex vitamins, selenium, and zinc – the USDA recommends eating seafood at least twice weekly.

GRILLED SHRIMP WITH SALSA FRESCA AND AVOCADO SALAD

SERVES 4
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 15 MINUTES

Cumin-scented shrimp are served with a vibrant fresh salsa, accompanied by a tasty salad of creamy avocados and crunchy peppers. For time saving, be sure to look for raw shrimp that are already peeled and deveined. If the shrimp are frozen, thaw them quickly by running them under warm water in a colander, patting them dry to remove excess water. Recipe may be halved.

- ½ lbs. ready to cook jumbo shrimp (26 to 35 ct.), thawed if frozen
- 2 Tbsp. olive oil, divided
- ½ tsp. ground cumin
- ½ tsp. dried oregano
- 4 plum tomatoes
- ½ jalepeño chili, seeds removed
- ½ cup cilantro
- 4 scallions, ends trimmed, coarsely chopped
- 2 Tbsp. lime juice
- 2 cloves garlic
- ¼ tsp. kosher salt, or to taste
- 1 avocado
- 1 yellow bell pepper
- ½ English cucumber
- 1 cup cherry tomatoes
- 4 cups baked tortilla chips

1. Preheat grill. Have ready 8 skewers. If using wooden skewers, soak them in water. In a medium bowl, combine shrimp, 1 Tbsp. of the oil, cumin, and oregano, tossing until shrimp are evenly coated. Set aside.
2. In a food processor, combine plum tomatoes, jalapeño, cilantro, scallions, lime juice, garlic, salt, and remaining 1 Tbsp. oil. Purée until smooth. There should be about 1½ cups of salsa. Set aside.
3. Thread shrimp onto skewers. Grease grill with vegetable oil or cooking spray and place skewers on the hot grill. Grill shrimp until well marked, about 3 minutes, and turn to finish cooking, about 2 minutes.
4. While shrimp grills, chop avocado, bell pepper, and cucumber and transfer to a medium bowl. Halve cherry tomatoes and add them to bowl. Toss vegetables with about 2 Tbsp. of salsa.
5. Divide salad among 4 plates. Place 2 skewers of shrimp on each plate and garnish with tortilla chips. Serve with remaining salsa in a bowl on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 470 CALORIES, 41G CARBOHYDRATES, 40G PROTEIN, 18G FAT (2G SATURATED), 275MG CHOLESTEROL, 730MG SODIUM, 8G FIBER



HOT, HOT, HOT

Be sure that your grill is clean, very hot, and well oiled before grilling. This will prevent food from sticking and ensure quick, even cooking.



wine suggestions

To go with these fresh, summery flavors, try an array of crisp white wines. **Beringer Chenin Blanc**'s fragrant with citrus and spicy ginger is a great food wine. It's a nice match for Grilled Shrimp with Salsa Fiesca. **Woodbridge by Robert Mondavi Riesling**, well balanced and lush, can stand up to Asian flavors, so it should complement Hoisin Tuna with Asian Slaw. Flavorful Grilled Salmon with Green Beans and Lemon Parsley Sauté pairs well with **Kim Crawford Sauvignon Blanc**, a New Zealand wine with notes of tropical fruit and fresh cut grass.

HOISIN TUNA WITH ASIAN SLAW

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

A tangy sweet plum sauce is brushed onto hearty tuna steaks, which are seared to a medium rare. (Note that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.)

- 3 Tbsp. canola oil, divided
- 4 (6 to 7 oz.) tuna steaks
- 2 Tbsp. hoisin sauce
- 1 Tbsp. sake cooking wine
- 1 tsp. reduced-sodium soy sauce
- 1 Tbsp. brown sugar
- 1 Tbsp. rice vinegar
- 1 tsp. jarred minced fresh ginger
- ½ tsp. sugar
- ¼ tsp. kosher salt, or to taste
- 1 (16 oz.) bag prepared coleslaw mix
- ½ cup prepared matchstick cut carrots
- 1 scallion
- 1 Tbsp. toasted sesame seeds

1 Preheat grill. Rub 1 Tbsp. of the canola oil over the tuna steaks. Set aside. In a small bowl, whisk hoisin, sake, soy sauce, and brown sugar together until brown sugar dissolves.
2 In a large bowl, whisk together the remaining 2 Tbsp. canola oil, vinegar, ginger, sugar, and salt. Add coleslaw mix and carrots and toss well.
3 Grease grill with vegetable oil or cooking spray and place tuna onto the hot grill. Grill tuna until well marked, about 6 minutes for medium rare. Turn and brush with hoisin glaze and finish cooking, about 2 minutes for medium doneness. Remove from grill and brush with any remaining sauce.
4 While tuna grills, thinly slice scallion. Divide slaw among 4 plates. When tuna is ready, place next to the slaw. Garnish with sesame seeds and sliced scallion and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
510 CALORIES; 15G CARBOHYDRATES; 53G PROTEIN; 24G FAT (3.5G SATURATED); 83MG CHOLESTEROL; 490MG SODIUM; 3G FIBER

SUSTAINABLE SEAFOOD AT HANNAFORD

You can feel good about purchasing all kinds of delicious seafood at Hannaford because the seafood we sell must be certified as sustainably harvested. This means that whether it's fresh, frozen, or canned, the seafood you select at our stores was responsibly caught under guidelines designed to ensure care for the environment and plentiful supplies for generations to come. Enjoy our wide variety of nutritious, sustainably harvested seafood.



HOISIN TUNA WITH ASIAN SLAW

©iStockphoto/SALMON

RAZ-BER-RITA BRAISED RED SNAPPER

SERVES 2

2–6 oz red snapper fillets
2 Tbsp olive oil
Sea salt and pepper to taste
1 garlic clove minced
8 oz Raz-Ber-Rita
1 Tbsp raspberry vinegar
2 Tbsp honey
½ tsp spicy brown mustard
½ tsp thyme minced
3 oz fresh raspberries



Heat olive oil in a non-stick skillet on medium heat. Season the fish with sea salt and pepper. Sear the fillets on both sides until done. Cooking time depends on the thickness of the fish. It should be flaky when done. Remove fish from the skillet and arrange on a platter. In the same skillet, add the garlic, saute for about 1–2 minutes don't let it burn. Add the Raz Ber Rita, vinegar, honey, and mustard. Turn heat to low and simmer until reduced by ½, stir frequently. Add the thyme and raspberries, gently stir them around the pan. Adjust seasoning with salt and pepper. Pour over the fish and serve. Optional: serve with a side of wild rice.

**I used Red Snapper for this recipe, but you can use it with boneless, skinless chicken breast.*

MANG-O-RITA STEAK TACOS WITH MANGO SALSA

SERVES 8

1 beef flank steak, trim off the fat
1 Tbsp olive oil
2 oz. taco seasoning
8 oz. Mang-O-Rita
8 flour tortillas

MANGO SALSA

1 cup mango, peeled, small dice
1 avocado, peeled, small dice
½ cup red bell pepper, small dice
½ tsp fresh jalapeno, fine dice
2 Tbsp cilantro, fine chop
1 Tbsp lime juice
4 oz Mang-O-Rita
½ tsp kosher salt
½ tsp black pepper
½ tsp cumin

Combine all the ingredients in a bowl, gently stir until well incorporated. Cover and refrigerate until needed.



Pre-heat oven to 400 degrees. In a large, non-stick skillet, heat the oil over high heat. Generously season the steak with the taco seasoning. Brown the steak on both sides, transfer to a shallow baking dish. Pour the Mang-O-Rita over the steak and roast until the internal temperature reaches 140 degrees. Remove from the oven, cover and let rest for about 10 minutes.

ASSEMBLY

Warm the flour tortillas in the oven for a few minutes and lay them out on a platter or clean work space.
Slice the steak into thin pieces, spread the slices evenly among the tortillas, top with the mango salsa, roll them and serve.

ENJOY RESPONSIBLY

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COOKING WITH THE STARS

Raw Power

Your diet could benefit from including certain uncooked foods

BY MATTHEW KADEY MS RD PHOTOGRAPHS BY MARK FENN

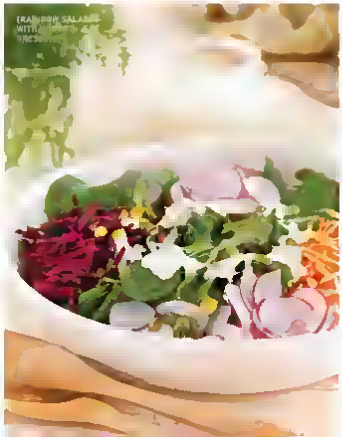
Eating more raw foods could be good for many of us according to recent research For starters a watershed study conducted by Harvard scientists found that cooking some foods increases the amount of calories we obtain from them The researchers suppose that cooking makes digestion easier so we don t expend as much energy during the digestive process So if you re looking to shed a little winter weight eating more raw foods could help in the battle of the bulge by lowering your calorie uptake.

Raw edibles also generally require an extra amount of time devoted to chewing them which may benefit your waistline A 2013 study by British researchers indicates that people who chewed their lunch meal for a longer period of time consumed less candy later in the day than those who ate at a faster pace Chewing your food more thoroughly gives your body more time to register fullness so you re less likely to overeat

Incorporating raw foods into your meals and snacks also adds volume so it feels as if you re eating more calories than you actually are Plus loading up on raw fruits and vegetables will flood your body with healthy amounts of fiber vitamins minerals and antioxidants The payoff? Improved energy levels and a lower risk for chronic maladies like heart disease

Adding raw foods to your diet does not mean you need to eat exclusively raw — there are plenty of benefits to cooked foods as well But including raw foods with the cooked foods offers benefits to your overall nutrition as well as to your waistline

So make your digestive tract and jaw muscles work a little harder by looking for easy ways to bolster your meals and snacks with more foods in their purest state Serve chicken or fish topped with a raw vegetable salsa Pile spinach tomatoes and other raw vegetables on burgers and sandwiches Replace flour tortillas with lettuce or collard leaves when making wraps and tacos Snack on apple slices and baby carrots between meals And enjoy our recipes that are full of ingredients worthy of a nutritional high five



RAINBOW SALADS WITH CREAMY AVOCADO DRESSING

[redacted]

YOGURT D[redacted]

SERVES 4
ACTIVE TIME 20 MINUTES
TOTAL TIME 20 MINUTES

Varying how you serve vegetables, such as grating raw beets to accentuate their natural sweetness can add visual and textural appeal to dishes To prevent the beets from transferring their color onto the other ingredients assemble the salad just before serving.

- 1 cup plain nonfat yogurt
- 2 shallots, minced
- 2 Tbsp chopped fresh dill
- 2 Tbsp extra-virgin olive oil
- 2 tsp. Dijon mustard
- 1 tsp. grated lemon zest
- 2 Tbsp. fresh lemon juice
- ¼ tsp. salt
- 8 cups baby salad greens
- 3 medium beets, peeled and shredded
- 1 cup very thinly sliced radishes
- 2 medium carrots peeled and shredded
- ½ cup chopped unsalted pistachios
- ¼ tsp. freshly ground black pepper or to taste (optional)

1 In a small bowl whisk together yogurt, shallots dill olive oil mustard lemon zest and juice and salt
2 Divide salad greens among 4 plates and top with beets radishes carrots and pistachios Drizzle with dressing Sprinkle with black pepper if desired and serve

APPROXIMATE NUTRITIONAL VALUES PER SERVING
294 CALORIES 33G CARBOHYDRATES 10G PROTEIN 6G FAT (2 3G SATURATED) 0MG CHOLESTEROL 370MG SODIUM 9G FIBER

FOOD STYLING BY LESLIE BRUNING PROP STYLING BY MEGHAN ROSE MAHAN



WATERMELON GAZPACHO

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WATERMELON GAZPACHO ★★★

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 4 TO 24 HOURS 25 MINUTES (INCLUDING CHILLING TIME)

Using many of the flavorings of traditional gazpacho but with watermelon as the main star makes for a refreshing summer soup. Blending tomatoes into the liquid base helps temper any overpowering sweetness. Recipe may be halved and soup may be frozen without avocado and mint garnishes.

- 8 cups diced seedless watermelon (about 5 lbs. fruit), divided
- 2 medium tomatoes, quartered
- 2 Tbsp. fresh lime juice
- 1 Tbsp. red wine vinegar or sherry vinegar
- ½ tsp. smoked paprika
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- 2 Tbsp. extra-virgin olive oil
- 1 cup diced cucumber
- 1 cup diced yellow bell pepper
- 2 scallions, sliced
- 1 avocado, diced
- ¼ cup chopped fresh mint

1 Place 6 cups of the watermelon, tomatoes, lime juice, vinegar, smoked paprika, salt, and pepper in a food processor or blender, and blend until smooth. With the machine running, pour in the oil through the feed tube and blend until combined. Alternately, place ingredients in a large bowl and purée using an immersion blender.

2 Place watermelon purée in a large container and stir in remaining 2 cups watermelon, cucumber, yellow pepper, and scallions. Chill for at least 4 hours but preferably for 6 hours or overnight.

3 To serve, ladle gazpacho into bowls or tumblers and garnish with avocado and mint.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 270 CALORIES, 41G CARBOHYDRATES, 4G PROTEIN, 15G FAT (2G SATURATED), 0MG CHOLESTEROL, 140MG SODIUM, 7G FIBER.

TOOLS OF THE TRADE



Q: I was inspired by the idea for a taco party in the January/February 2014 issue ("Step Up to the Bar," page 17). It seems like an easy way to feed a crowd, especially when some of them are picky eaters for one reason or another. For the main proteins in the "taco buffet," I could use some advice on shredding chicken. What sort of tool do you use to make chicken breast into shreds? I tried using a knife but it ended up more chopped than shredded.

DAVID THAL
[illegible]

A: It's easy to shred chicken breasts for tacos, enchiladas, and salads—and the only utensils you need are a couple of forks. Start with cooked chicken breasts—raw meat will not shred well. You can prepare the chicken breasts in any way you like, but poaching results in moist meat without added fat. Simply cover the chicken with water or broth, bring to a boil, and quickly turn the heat down to a simmer. Cook the chicken for about 10 to 15 minutes, then remove from heat and let sit in the hot water for another 15 minutes. The chicken is done when the internal temp reaches 165°F. Remove the meat promptly to make sure it stays at a safe temperature. To shred, put the cooked chicken on a plate, hold it securely with one fork, then use another fork or your fingers to pull it apart in shreds.



[illegible]

I have a healthy tip for anyone looking for an alternative to mayonnaise in salads: mix in hummus instead. For a spread that's similar in texture and consistency, I stumbled across this when I was trying to make a tuna sandwich late one night and ran out of mayo. The hummus makes the salad healthier since there's less fat than conventional mayo or sauce, and there's more protein because of the chickpeas. It's also a budget-friendly option since hummus has many other uses (as a great snack with fresh vegetables or as a side for falafel). If you don't like the taste of mayo, hummus also has a richer, more savory flavor that can be enhanced with add-ins like garlic and roasted red pepper. Pick a smooth hummus for best results.

NICK D'ERRICO
Boston, Mass.

We'd Love to Hear from You!

Please send your questions, comments, suggestions, and culinary musings to freshmagazine@hannaford.com or *Fresh* magazine, P.O. Box 1000, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on Hannaford stores, visit **hannaford.com** and click on the Contact Us icon at the top of the page, then select Feedback; or call 800.213.9040.

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Vegetarian

Freezable

Indicates a recipe that earned Guiding Stars.

Indicates a recipe that is gluten free. Always check the ingredient statement on packaged foods and spices.

All listed ingredients may not be available in all stores.

KEN HANSEN (SHRIMP); HB CHICKEN

ITALIAN ASPARAGUS RIBBONS WITH CHICKPEAS ★★★

SERVES 4
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 40 MINUTES

Who says you have to cook asparagus? Shaved ever so thinly with a vegetable peeler, it has the bright herb dressing adds a vibrant flavor that is unquestionably Italian. If desired, you can top everything off with a whisper of grated Parmesan. Recipe may be halved.

- 1 lb. asparagus, woody ends trimmed
- 1 (15 oz.) can chickpeas, rinsed and drained
- 2 cups cherry tomatoes, halved
- ½ red onion, cut in quarters and very thinly sliced
- ¼ cup sliced almonds
- ¼ cup finely chopped fresh basil
- ¼ cup finely chopped parsley
- 2 Tbsp. finely chopped fresh oregano
- 2 Tbsp. red wine vinegar
- 1 clove garlic, minced
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ¼ tsp. crushed red pepper flakes (optional)
- 2 Tbsp. extra virgin olive oil

1. Cut off asparagus tips and slice each tip in half lengthwise. Working from the bottom up, run a vegetable peeler several times along the length of each stalk to make ribbons. Thinly slice the remaining core with a sharp knife.
2. Place asparagus tips and strips in a large bowl and toss with chickpeas, tomatoes, onion, and almonds.
3. In a small bowl, stir together basil, parsley, oregano, vinegar, garlic, salt, pepper and red pepper flakes if using. Stir in olive oil.
4. Toss asparagus mixture with dressing and divide among 4 plates. Serve at room temperature or after chilling in the fridge for a couple of hours.


ITALIAN ASPARAGUS RIBBONS WITH CHICKPEAS

APPROXIMATE NUTRITIONAL VALUES PER SERVING
230 CALORIES 24G CARBOHYDRATES 9G PROTEIN 12G FAT (1.5G SATURATED) 0MG CHOLESTEROL, 340MG SODIUM. 8G FIBER. ●



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Photograph by George Bennington

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FRESH IDEAS

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POWER FOOD

rhubarb

RHUBARB IS ONE of the first plants to pop up when the weather warms. Its presence on spring and summer menus provides a much-needed injection of tartness, an acidic tang welcomed by palates grown weary of winter's rich, more substantial foods. Ruby-hued rhubarb may be the most familiar, but some varieties remain quite green and others are primarily pink. Whether that color corresponds to the stalk's sweetness level (or lack thereof) is debatable, but regardless, this bracingly sour vegetable (no, it's not a fruit) will enhance your meals.

— Kit Broihier, MS, RD, LD



rhubarb and your health

PEOPLE HAVE BEEN GROWING RHUBARB for a long time. Recorded cultivation dates back to ancient China, where rhubarb's roots were dried and used medicinally to treat myriad conditions (herbalists still use rhubarb as a treatment, mostly for digestive disorders). Rhubarb boasts a bevy of beneficial phytochemicals, as well as a sprinkling of nutrients, including vitamin C and potassium. Rhubarb is also an excellent source of vitamin K, with a cup of cooked rhubarb providing over half the day's requirement for this nutrient.

tips for buying, storing, and cooking with rhubarb



COOKING WITH RHUBARB

Because rhubarb is tart, it's something few people eat raw. Cooked, sweetened rhubarb is quite versatile, though it's most often served as a dessert — think strawberry rhubarb pie. That popular combo is a natural, but there are other fruits that play nice with rhubarb — such as raspberries. Looking for more unusual ways to ring in the rhubarb season? Consider these:

- Make a simple syrup with equal parts sugar and water and infuse it with sliced rhubarb; add it to lemonade for a pretty pink version.
- Use chopped rhubarb instead of cranberries in muffins.
- Use some of your frozen rhubarb as an ingredient in homemade cranberry sauce or a fruit compote.
- Roast some rhubarb (cut it into 1- to 2-inch chunks) with a sprinkling of sugar and some fruit juice (cranberry or orange might be nice) for a delightful oatmeal mix-in or yogurt topper.
- Make a chutney with rhubarb, oranges and raisins to perk up pork, duck or lamb.

RHUBARB-CHERRY COMPOTE

SERVES 6; ACTIVE TIME, 35 MINUTES; TOTAL TIME, 45 MINUTES

This ruby compote combines the sweetness of fresh cherries with wonderfully tart rhubarb. Pour a hefty spoonful over vanilla frozen yogurt or drizzle over pound cake, pancakes or French toast. You can also swirl into Greek yogurt or oatmeal, or use as an accompaniment to meat, like pork tenderloin or chicken breasts. Vanilla beans are an indulgence, but add a depth of flavor plus a slight texture to the compote. May be frozen and recipe may be halved.

- 1½ lbs. rhubarb, ends trimmed and cut into ½-inch pieces (5 cups)
- 1 lb. cherries, halved and pitted
- 1 cup sugar
- 1 Tbsp. vanilla extract or 1 vanilla bean

1. In a large saucepan, combine rhubarb, cherries and sugar. Add vanilla extract if using. If using the vanilla bean, split in half lengthwise and scrape seeds into pot; then add scraped halves as well. Bring to a boil over high heat, stirring constantly. Reduce heat to low or medium-low so mixture is at a simmer. Cook, stirring occasionally, until rhubarb is just tender, about 7 to 10 minutes.
2. Remove pot from heat and let cool. Use a fork to remove vanilla bean halves if using. Transfer compote to an airtight container and refrigerate until ready to use. Store for up to 5 days.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 150 CALORIES; 40G CARBOHYDRATES; 1G PROTEIN; 5G FAT (0G SATURATED); 0MG CHOLESTEROL; 8MG SODIUM; 3G FIBER



(RHUBARB CHERRY COMPOTE)

FACING PAGE, STOCKFOOD (2); THIS PAGE, STOCKFOOD (TOP); PHOTOBYHAND; MARK PERRY; FIRST STYLE; NO. 1 STUDIO; (RHUBARB); PHOTO STYLE; ROS PARADINE; PASTA; (MUSHROOM); RECIPES